

BEST PLACES TO LIVE*

triathlete

THE WORLD'S #1 TRIATHLON MAGAZINE

NEW
YEAR
NEW
YOU



The hottest trends and tech

TRI CHANGED ME
STORIES OF TRANSFORMATION
THROUGH MULTISPORT

5

TIME-CRUNCHED
SWIM WORKOUTS
FOR BIG RESULTS

► **BUILD A STRONGER, LEANER BODY—FAST**

► **PREP FOR A BREAKTHROUGH PERFORMANCE**

► **HAVE MORE FUN!**

Rookie pro
CARLY JOHANN
lives and trains
in Los Angeles

SUFFER BETTER

A smart tactic for
boosting endurance
PAGE 44

*for the swim, bike, run set

JAN 2016 TRIATHLETE.COM \$6.99 US



**I INSIST ALL OF
MY ATHLETES USE
NORMATEC!**

—SIRI LINDLEY, TRIATHLON SUPER-COACH



**WHAT ARE YOU WAITING
FOR? GET THE BRAND NEW
NORMATEC PULSE AS YOUR
SUPER-PRESENT NOW.**



IRONMAN
U.S. SERIES

OFFICIAL RECOVERY SYSTEM


NORMATEC
NORMATECRECOVERY.COM



50

BEST PLACES TO LIVE FOR TRIATHLETES

What makes a locale ideal for triathletes? Through reader votes and editor research, we uncovered the nation's 12 best places to live for the swim-bike-run set. Plus: Five dreamy international destinations.

BY JENÉ SHAW

JAN '16

features

61

2016 GEAR WE'RE EXCITED ABOUT

We glimpsed the future of all things cycling at the annual Interbike tradeshow and bring you our round-up of the gear and tech you'll also be coveting this year.

BY DILLON HOLLINGER

68

BACK FROM THE BRINK

Meet three age-groupers who, after hitting rock bottom in their individual battles with alcoholism, PTSD and anxiety, used triathlon to bring themselves back to health and happiness.

BY BETHANY LEACH MAVIS

SCOTT DRAPER

CARBON CLINCHER

1690g Wheelset

external	26.53mm
depth	58mm



AERODYNAMIC
BOUNDARY LAYER
CONTROL (ABLC)

77/177 HUBSET

Precision set •
bearing preload

XD driver body •
compatible



Sapim® CX-Sprint® Spokes

front spokes	18
rear spokes	24

FIRECREST REBORN.

Zipp's Firecrest lineup is reborn. Think high speed, low maintenance. The same great Firecrest rim, with its unmatched aerodynamic efficiency and crosswind stability, is now laced to the new low-maintenance 77/177 hubset. BORN OF SCIENCE. REALIZED BY HAND. Learn more at zipp.com



FIRECREST

404

JAN 16 CONTENTS



46

Functional, colorful running tights

8 Editor's Note
12 Letters
14 First Wave

17 CHECK IN

Three new triathlon reads, how to deal with missing a workout, cyclocross tips from Olympian Sarah True, treat and prevent a calf strain, a simple yoga routine for triathletes, a rear-facing light and HD camera combo to keep you safe on the roads, pro Sam Appleton's favorite gear, and more.

26 **Beginner's Luck**
Grounded in gratitude

28 **Triathlife**
Evaluate your progress and plan for 2016

31 SWIM/BIKE/RUN Swim

Coach Sara answers your questions, a new USAT-approved device to keep you swimming straight, earbuds for the pool and workouts to help you make the most of a 30-minute swim session.

Bike
A guide to working on little things this off-season to become a better triathlete, an iPhone app that simplifies derailleur adjustment, a cleverly designed pedal that incorporates lateral movement, the story behind Blur Cycling's apparel, and six reasons to invest in a road bike.

Run
Why—and how—to add in a post-race workout, six new functional (and fun!) run tights for her, and how to improve your run performance with bike training.



73

Six ways to enjoy maple



35

73 FUEL

Our top six picks for tasty maple products, recipe inspiration using persimmons, how to prepare nutritionally for your first race of the season, and our dish of the month from a triathlete-chef.

80 **Podium**
Recent notable moments in the world of multisport



42

on the cover

Pro Carly Johann was photographed in San Diego, Calif., by John David Becker.



Triathlete Issue #385 (ISSN 08983410), a publication of Competitor Group, Inc., 9477 Waples Street, Suite 150, San Diego, CA 92121, is published monthly, plus one extra issue for the month of March for a total of 13 issues. Annual subscription \$34.95, Canadian remit \$60.95 in US funds (includes GST); other international air mail \$94.95 in US funds only. For subscription inquiries, please call 800-336-5653 or email Triathletemagazine@emailcustomerservice.com. Periodical Postage Paid at San Diego, California and additional offices. Canada Post International Publications Mail Agreement #40064408. Return undeliverable Canadian addresses to: OnTrac International PO Box 25058 London BRC, Ontario, Canada N6C 6A8. POSTMASTER: Send address changes to Triathlete, PO Box 430235, Palm Coast, FL 32143-0235. Printed in the U.S.A.

SUPERIOR LIGHT BEER



LONG LIVE THE ULTRA LIFE
EXPLORE MORE at [facebook.com/ Michelob ULTRA](https://facebook.com/MichelobULTRA)

©2014 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO 95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.

ENJOY RESPONSIBLY

WINTER RUN TIPS

Don't let the freezing temperatures relegate you to the treadmill—or even worse, the couch! Olympian and Canadian Paula Findlay shares her tips for enjoying the great outdoors, even in winter's deepest chill. **Triathlete.com/findlaywintertips**



LET'S CONNECT!



Join the conversation at
Facebook.com/TriathleteMagazine



Find us on Twitter:
@TriathleteMag



Circle up on
Google+: **Triathlete**



Subscribe to our
YouTube channel at
Youtube.com/Triathlete



Scroll images that inform
and inspire on Instagram:
@triathletemag



Tour Guides FOR TRIATHLETES

Planning your 2016 season? Check out our collection of dream destinations—ranging from urban Edmonton to tropical Bermuda. **Triathlete.com/tourguides**

GETTING BACK TO TRAINING

When the time comes to start training again after the off-season, it's important to ease back into it. We share three guidelines to avoid getting hurt following a break. **Triathlete.com/backtotraining**

THE DO'S AND DON'TS OF GETTING LEANER

There are right and wrong ways to lose those pesky pounds. We share the key strategies for performance weight management. **Triathlete.com/gettingleaner**



SWIM WORKOUTS FROM SARA McLARTY



Triathlete's resident swim expert and coach Sara McLarty shares a variety of sessions to help you stay motivated this winter. Get the workouts at **Triathlete.com/quicksets**.

RAISE YOUR GEAR



KINETIC® SMART POWER TRAINERS

It's power training made simple – combining a realistic road feel, inRide sensor technology and the Kinetic.fit app. There's no other system like it on earth.

KURTKINETIC.COM



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc.

cannondale PRO CYCLING TEAM
GARMIN

OFFICIAL TEAM SPONSOR

note

RENEW YOU

CHANGE IS IN THE AIR. IT'S THAT TIME OF YEAR WHEN WE START THINKING about the promise of a fresh start, when we conjure visions of our best selves, finally realized. Reinvention, renewal, refresh, reboot—whatever you call it, the opportunity to turn the calendar page (a ritual I particularly enjoy each month) is always invigorating.

Triathlon is a powerful, perennial vehicle for personal change and growth. Every day we receive letters from readers who want to share their story of transformation. (In fact, the influx inspired this month's feature story, "Back From the Brink," on page 68.) The stories of triathlon playing a role in the healing of long-suffering hurt of body or mind could fill every page of every issue we produce. In taking on the significant challenge of multisport training and racing, we are actively rewriting our own stories and reframing long-ingrained perceptions of what's possible. I don't know of many other participatory sports that carry such a transformative—or restorative—power.

Change can be dramatic or it can occur in progressive steps, the product of a patient but tenacious commitment to the process. I'll give you an example: I went to Maui in late October to cover the XTERRA World Championship, where Josiah Miedaugh became the first American in 15 years to win the world title. It was his 15th consecutive start in that



race. When he toed the line for the first time in 2001 and finished 69th, few probably ever imagined he'd come back every year to have a crack at it, let alone win the whole thing 14 years later. I'm not sure the Miedaugh who stood atop the podium this past October would recognize the age-grouper—or the person—from 2001. Every year his fitness, knowledge and confidence grew until nothing could shake the conviction that he was a worthy champion.

We all stand to gain a new perspective on our individual potential through triathlon. I never imagined I could finish an iron-distance race, let alone begin to articulate time goals for racing one. I'm grateful for the training opportunities that remind me that I'm a work in progress, that the only limitations on my swim, bike and run abilities are the ones I prescribe. I'm thankful to pursue a sport that constantly reminds me that I'm stronger than I think—and that I have room to be even tougher.

But the biggest change? Triathlon has rewired my brain to think a bit more daringly, to court the implausible. It's a mentality I hope will thrive not just in this season of resolution making, but throughout the new year.

Julia Beeson Polloreno, Editor-in-Chief

[@JuliaPolloreno](#)



PRO CARLY JOHANN, 32, OF CULVER CITY, CALIF.

- ▶ I did my first race with Team in Training seven years ago, raced as an age-grouper for a while, and turned pro in the summer of 2014.
- ▶ I love the endurance challenge of the 70.3 distance but still being able to try to go fast. I also love that I can race more frequently at that distance, and that the training incorporates a great blend of long days and speed or tempo work.
- ▶ Cycling is my strength, and my brain is probably a weakness that I'm trying to turn into a strength. I've been working on getting rid of negative and unproductive thinking while training and racing.
- ▶ I've finished in fifth place in three pro races so far. My first pro paycheck at Challenge New Albany was a great day, as was my recent fifth at Los Cabos 70.3 and Challenge Florida.
- ▶ I really want to race in Pucon, Chile! I would also love to do some European races in the coming years.
- ▶ I exist on Bonk Breakers when training and for snacks. Also, comfy Skechers Gorun Ultras for long runs, Roka Spectrm goggles in every shade, my custom Champion System Bella cycling kit so I feel fly, and great beers for recovery.
- ▶ I love having pineapple fried rice before a race and finding a local craft beer to enjoy after the meal.

nytro®

SIMPLY FAST...



NYTRO CUSTOM
CANNONDALE SLICE ULTEGRA
~~\$3,799~~ **\$3,499***

*upgraded wheels available - Call for details



HOLIDAY SPECIAL
FREE \$100**
NYTRO GIFT CARD



WITH PACKAGES

WORLD'S #1 SELLING TRI PACKAGES



TRI PACKAGE **\$2,199**

Tri Package featuring SLICE 5 105.
Top performance at an entry-level price!

MSRP: \$3,369 **SAVE: \$1,169!**



TRI PACKAGE PRO **\$2,999**

Tri Package Pro featuring the all-new
Nytro Custom SLICE Ultegra!

MSRP: \$5,003 **SAVE: \$2,004!**



Tri Packages includes

- Zoot Z Force 3.0 Wetsuit
- Zoot Z Force 5.0 Wetsuit (Pro)
- Shimano R540 Pedals & Cleats
- Shimano TR32 Tri Shoes
- Zoot Transition Bag
- Zoot Sports Tri Top & Short
- Giro Foray Helmet
- Nytro Bottle & Cage
- Nytro Hybrid Race Belt
- 1 Month Free Online Training
- \$100 Nytro Gift Card**

** Expires 12/31/15

nytro
Choice of Champions

940 S. Coast Hwy 101 Encinitas. CA 92024 | 800.697.8007 | nytro.com

THE EVOLUTION OF THE MASSAGE BALL



TRIGGERPOINT

www.TPtherapy.com

©2015 Implus Corporation. TriggerPoint® is a registered trademark of Implus Corporation. 8.15

triathlete

**What's your
fitness or training
resolution for
2016?**

EDITORIAL

EDITOR-IN-CHIEF Julia Beeson Polloreno
SENIOR EDITOR Jené Shaw
MANAGING EDITOR Bethany Leach Mavis
WEB EDITOR Liz Hichens
CONTRIBUTING WRITERS

Meredith Atwood, Jessica Cerra, Tim DeBoom, Mackenzie Lobby Havey, Susan Lacke, Sara McLarty, Evan Rudd, Bethany Rutledge, Jesse Thomas

MEDICAL ADVISOR

Jordan Metz, MD

ART

ART DIRECTOR Lisa Williams
PHOTO EDITOR John David Becker
GRAPHIC DESIGNER Oliver Baker

CONTRIBUTING ARTISTS & PHOTOGRAPHERS Matt Collins, Hunter King, Nils Nilsen, Paul Phillips

CIRCULATION, MARKETING & PRODUCTION

AUDIENCE DEVELOPMENT MANAGER Kristy Buescher
PRODUCTION MANAGER Meghan McElravy
DIRECTOR, DIGITAL MEDIA & STRATEGY Aaron Hersh
MANAGER, MEDIA MARKETING Nicole Christenson

DIGITAL SERVICES

VIDEO PRODUCER Steve Godwin
DIRECTOR, WEB DEVELOPMENT Scott Kirkowski
DIRECTOR, SEO/ANALYTICS Johnny Yeip
DIRECTOR, CREATIVE SERVICES Matthew McAlexander
WEB DEVELOPERS Joey Hernandez, Miguel A. Estrada
WEB DIRECTOR James Longhini

ASSOCIATE CREATIVE DIRECTOR Thomas Phan

JUNIOR WEB DESIGNERS Erin Henson, Nestor Pecache and Eddie Villanueva

SYSTEM ADMINISTRATOR Bruno Breve

ADVERTISING

VP, MEDIA SALES Jason Johnson • jjohnson@competitorgroup.com
VP, MEDIA SALES Ian Sinclair • isinclair@competitorgroup.com
VP, MEDIA SALES Gordon Selkirk • gselkirk@competitorgroup.com
VP, MEDIA SALES Todd Wienke • tawienke@competitorgroup.com
MANAGER, MEDIA SALES Jeff McDowell • jmcdowell@competitorgroup.com
MANAGER, MEDIA SALES Jenn Schuette • jschuette@competitorgroup.com
MANAGER, MEDIA SALES Kelly Trimble • ktrimble@competitorgroup.com

PARTNERSHIP DEVELOPMENT & ACCOUNT MANAGEMENT

DIRECTOR Erin Ream
MANAGERS Liz Centeno-Vera, Kat Keivens, Renee Kerouac
DIGITAL AD OPERATIONS Carson McGrath

FINANCE

FINANCE DIRECTOR Gretchen Alt
AR MEDIA ACCOUNTANT Brandon Johnson

A PUBLICATION OF



EXECUTIVE CHAIRMAN Paul F. Walsh
PRESIDENT Josh Furlow

CHIEF ADMINISTRATIVE OFFICER AND CHIEF FINANCIAL OFFICER Wendy Goday

CHIEF MARKETING OFFICER Keith S. Kendrick

SENIOR VICE PRESIDENT, EVENTS Tracy Sundlun

SENIOR VICE PRESIDENT, SALES Molly Quinn

SENIOR VICE PRESIDENT, SALES John Smith

*It's all about the
bike in '16. I refuse
to let the bike split
be my Achilles heel!*

*To make speedwork a
priority and not push
the snooze button
when it's time for an
early track session!*

*Go for a PR
at the 70.3
distance.*

*Get in the water
more—it takes
more than cycling
and running to be
a triathlete!*

*A knee injury in
September left me on
crutches, but three
months of rehab will
make for an epic
fitness comeback in
2016. I've never been
so excited to sweat!*

9477 Waples Street, Suite 150, San Diego, CA 92121 • 858-450-6510. Subscriber Customer Service: US: 800-336-5653 International: 386-246-0111; Triathletemagazine@emailcustomerservice.com; Digital issue support: support@zinio.com; To carry *Triathlete* in your store, please call 844-549-5530. No part of this issue may be reproduced in any form without the written permission of the publisher. Editorial contributions are welcome but a stamped self-addressed envelope is necessary for the return of all materials. *Triathlete* is a registered trademark of Competitor Group, Inc.



THE QUEEN K HAS A NEW REIGN

CONGRATULATIONS
2015 KONA WORLD CHAMPION DANIELA RYF!



DANIELA'S FAVORITE REAR HYDRATION FOR THE LAVA FIELD:



AERO POUCH 300
DELTA 400 SYSTEM
INSULATED COOL SHOT

PATENTED AERO POUCH 300

CLEAN, AERO REPAIR STORAGE
REDUCES DRAG BY WRAPPING
AROUND YOUR REAR SYSTEM'S
BOTTLE CAGE.



www.XLAB-USA.com

PAN-SEARED ALASKA COD OVER MINTED PEA PURÉE

Prep Time: 15 minutes

Cook Time: 10 minutes Servings: 4

This delicate whitefish is perfectly paired with a mint flavored pea puree that gives it a silky smooth texture and fresh flavor. This easy-to-make dish is low in calories because the peas give it a boost of resistant starch that is not digested or absorbed in the body. Pan-seared Alaska Cod, low in calories, provides the muscle-building protein with high digestibility so you feel pleasantly full and satisfied after eating it.



1/2 cup water
2 pounds frozen or fresh peas, blanched
1 package (0.6 to 0.7 ounces) fresh mint, leaves only
Salt, to taste
4 Alaska Cod fillets (4 to 6 oz. each), fresh, frozen or thawed
1 teaspoon lemon pepper seasoning
Olive oil

Add water, peas, and mint to a blender or food processor; season with salt to taste. Purée until almost smooth. Cover and keep warm.

Rinse any ice glaze from frozen Alaska Cod under cold water; pat dry with paper towel. Heat a heavy nonstick skillet over medium-high heat. Brush both sides of fillets with olive oil. Place cod in heated skillet and cook, uncovered, about 3 to 4 minutes, until browned. Shake pan occasionally to keep fish from sticking. Turn cod over and sprinkle with lemon pepper seasoning. Cover pan tightly and reduce heat to medium. Cook an additional 6 to 9 minutes for frozen cod or 3 to 4 minutes for fresh/thawed fish. Cook just until fish is opaque throughout.

To serve, spoon pea purée onto four plates. Top each with a cod fillet and serve immediately.

Nutrients per serving: 319 calories, 5g total fat, 1g saturated fat, 13% calories from fat, 65mg cholesterol, 37g protein, 33.5g carbohydrate, 12g fiber, 393mg sodium, 101mg calcium, 28 IU Vitamin D, and 200mg omega-3 fatty acids.



Wild, Natural & Sustainable™

www.wildalaskaseafood.com

LETTERS

OVERLOOKED

As a long-time subscriber to *Triathlete* magazine, I've noticed that there are plenty of great stories being untold. When Ironman announced it would no longer offer prize purses for some of its races, of course pros stopped racing those races. However, there are some awesome age-groupers still competing in those races who also deserve some ink! The way I see it is, without age-group support, Ironman (as it is today) would not exist. As an age-group racer myself, I've competed in 10 Ironman-sanctioned/branded events and even traveled to Kona to watch the world championship.

Don't get me wrong: I've enjoyed Tingley Talking, Macca Musing and Babbitt's (Babbling) ... couldn't think of his column's name. But I believe all three of those triathlete columnists would agree that you're missing a key element by deciding to "overlook" the age-groupers. I'd enjoy seeing your magazine cover these races and provide the same depth you give the races if the pros were racing.

—JIM MARTIN, TAMPA, FL

LIVING LARGE

I am relatively new to triathlon and am already finding it the perfect complement to my personality and a lifestyle I know I will have for years to come.

One of the things I love about triathlon is your magazine. As an ex-collegiate athlete, I am incredibly motivated now to help transition the physical and mental skills that made me successful at that level to tri. I am working on the timeline for completion, but my goals are to qualify for the Ironman 70.3 World Championship and eventually for Kona.

Has *Triathlete* ever produced an issue or article that focused on tri tricks, skills and suggestions for larger triathletes? I competed in college at 6-foot-6, 249 pounds and I am now competing at 222 pounds (with less than 5 percent body fat). I constantly looked to athletes in my sport who were close to my size to emulate the things they did to be successful. Needless to say, there aren't too many triathletes at the elite level who match my body type. I have tried to study Jan Frodeno—at 6 feet 4 inches, he seems the closest (even if he does compete at a reported 50 pounds less than me).

I think there may be a lot of "taller" and "larger" athletes competing in the

Clydesdale division and tall age-groupers looking to go pro who might really appreciate and benefit from some content focused toward their specific challenges, advantages, issues and goals.

—JASON G. ZINSER, NASHVILLE, TENN.

SADDLE UP

I'm a new triathlete, and want to emulate the pros. Why does Lauren Barnett ["Inside My Gear Bag," Nov. 2015 issue] carry her saddle in her gear bag and how does she get the fit right after mounting it before every ride? It seems like a lot of work.

—BRAD SCHILDT, BOULDER, COLO.

In addition to the must-haves she always carries in her gear bag, Lauren included a few items that she "just can't do without in training and racing." The saddle is one of those items. "I found one (the Cobb Cycling V Flow) that allows me to ride comfortably for hours on end, and I wanted to make sure other athletes, especially female triathletes, know about this saddle option," she says. She doesn't actually remove it from her bike and carry it in her gear bag, though.

—Editor

DOGGONE RUNNERS

While I enjoyed your article about best breeds of dogs for runners ["Top (Run) Dog," Nov. 2015 issue], I found it disheartening that you actually promote this fantasy that running with your dog is an OK thing to do. Unless one is actually lucky enough to live on their own spread (as I was with 600 acres of my own farmland!), one should consider that others don't really want to share your love of your canine friend. I was lucky enough to actually run with the best breed from your article, a border collie, but I was on my dad's private land—I would never ever have taken Pandora past my neighbors or to town. How you see your Lassie may not be how we non-owners see your dog on public property or state parks (often, I might add, breaking park rules).

Please promote responsible dog running and keep your dog leashed, look out for people coming and be aware that many more people than you think might actually be a bit fearful or shy around your dog. It's everybody's park, trail and street—don't hog it.

—CAL HASTINGS, NORTH KINGSTOWN, R.I.

We want to hear from you! Send your letters to TriLetters@competitorgroup.com. Please include your name and city. Letters may be edited for length and clarity.



FEED YOUR FITNESS[®]

WITH ALASKA SEAFOOD

RYAN HALL, WORLD-CLASS RUNNER
& ALASKA SEAFOOD LOVER

As a two-time Olympian and U.S. half-marathon record holder, Ryan knows how important nutrition is to his all-around fitness. The combination of lean protein, anti-inflammatory omega-3s and muscle-building nutrients found in Alaska seafood are why it's a staple of his diet. The unmatched quality and nutritional impact is why he makes sure his seafood is from Alaska.

What's on your training table?

TO TRY SOME OF RYAN'S RECIPES AT HOME,
VISIT WILDALASKASEAFOOD.COM

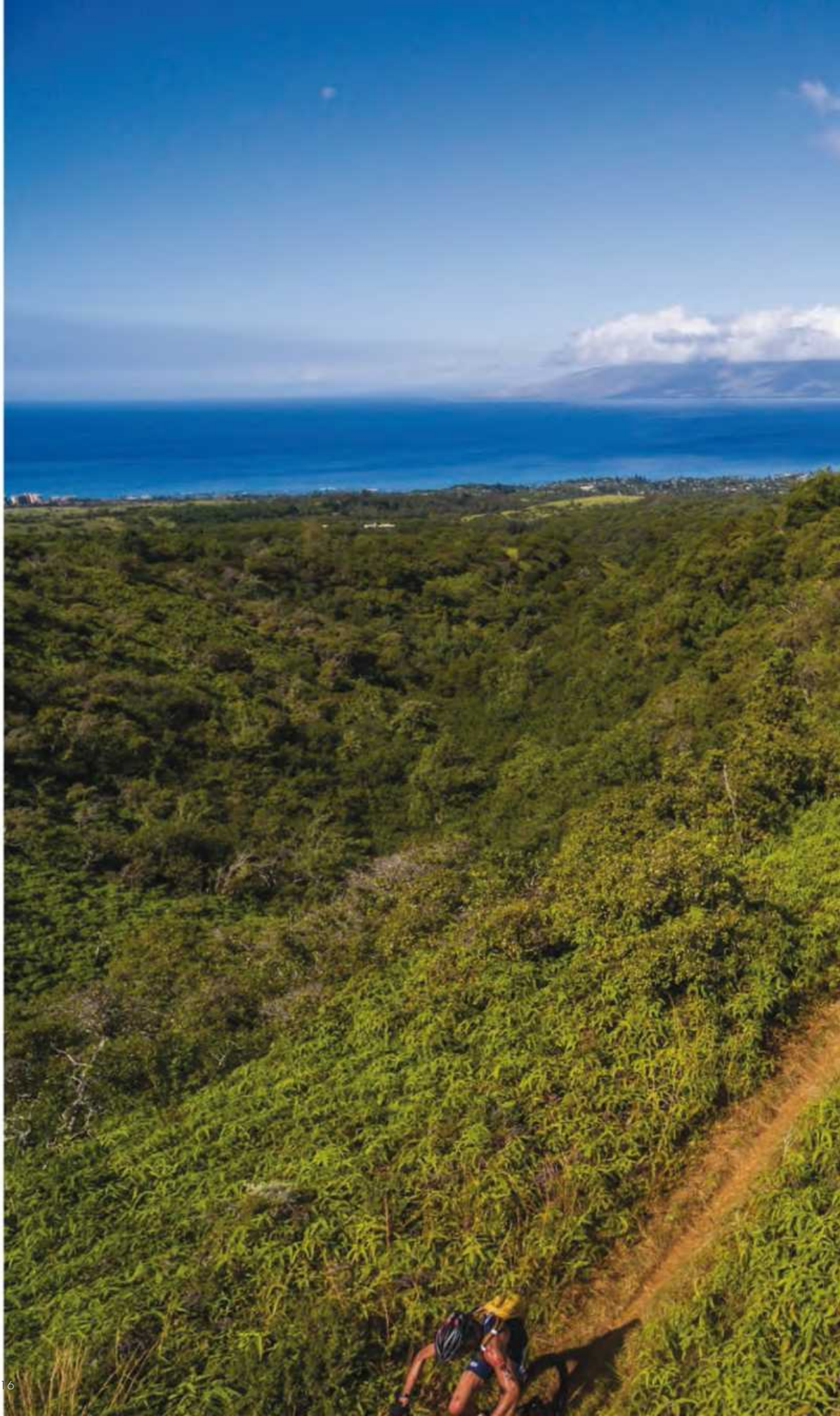


Wild, Natural & Sustainable[®]

FIRST WAVE

More than 800 triathletes from 43 countries participated in the 2015 XTERRA World Championship on Maui. The race started with a 1-mile rough-water swim, continued with a 20-mile mountain bike ride that traversed the West Maui Mountains (Razor Ridge pictured here) and finished with a grueling 6.5-mile trail run. All combined, there was more than 4,000 feet of climbing on the bike and run.

PHOTOGRAPH BY
MIKE ADRIAN





TriRock
TRIATHLON SERIES



SWIM BIKE RUN ROCK



/TRIROCKSERIES
#TPHILLY

TriRock
PHILADELPHIA
— TRIATHLON —

2016 REGISTRATION NOW OPEN



JUNE
25+26



FAIRMOUNT
PARK



SPRINT
OLYMPIC
RELAY



TRIROCKSERIES.COM

SERIES SPONSORS

PowerBar

Michelob
ULTRA

TYR

triathlete
MAGAZINE

DEER PARK

check in

TRIBE / PRO PANEL / GEAR UP / TRAIN SMART / TRIATHLIFE

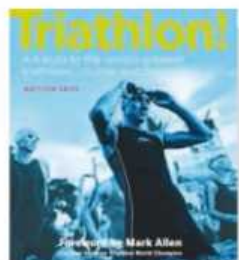
Over the course of three races in three days on the private island of Highbourne Cay in the Bahamas, American Gwen Jorgensen stayed at the top of the field at the Island House Invitational Triathlon to earn a \$60,000 paycheck (plus premium bonuses). The unique race format, which included an individual time-trial triathlon, swim-bike-run times three and non-draft sprint, was designed by pro Luke McKenzie, who directed the race with fiancée and fellow pro Beth Gerdes. Jorgensen's cumulative times held off Lisa Norden and Flora Duffy, who took second and third overall. Spain's Javier Gomez won the men's race.

PHOTOGRAPH BY NILS NILSEN



NEW YEAR, NEW READS

Three triathlon books to bring renewed inspiration to your upcoming season

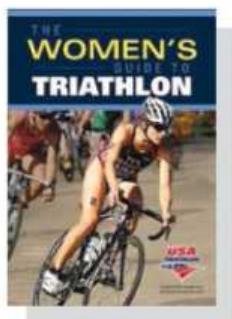


Triathlon! A Tribute to the World's Greatest Triathletes, Races and Gear

By Matthew Baird
Quarto, \$40, [Quartous.com](#)

Read it: For a coffee table-worthy collection of profiles on the sport's top athletes (both past and present), photos and stories from the best races around the globe and a guide to the evolution of triathlon technology and gear.

Snapshot: "Triathlon may have a short history compared to its single-discipline components of swim, bike and run, but the sport has already packed a treasure trove of iconic moments, athletes, races and kit into its four-decade lifespan. It reached its 40th birthday in 2014, and we felt now was the time to celebrate triathlon in all its grueling, gritty and grandstanding glory."



The Women's Guide to Triathlon

Compiled by USA Triathlon
Human Kinetics, \$22, [Humankinetics.com](#)

Read it: For both a guide for women just getting into the sport and also a female-specific approach to everything from injury prevention to hormone fluctuations for the elite-level triathlete. It contains advice on gear, life balance, racing and fueling from more from 20 experts, including Siri Lindley, Sarah Haskins and Gale Bernhardt.

Snapshot: "Besides the obvious differences, women have a physiology that is different from men's. Until very recently, most of the studies regarding nutrition and training were conducted on men. That's great for the guys, but women have a menstrual cycle that prevents generalizing, that is, concluding that what's good for a man must be good for a woman."



Racing the Sunset: How Athletes Survive, Thrive, or Fail in Life After Sport

By Scott Tinley, Ph.D.
Sky Horse Publishing, \$17, [Skyhorsepublishing.com](#)

Read it: For a mostly first-person glimpse into how professional athletes transition into life after sport from a two-time Ironman Hawaii winner. He befriended Bill Walton, Greg LeMond and Tony Gwynn in his research, and draws some surprising parallels between athlete retirement and other life transitions.

Snapshot: "When I climbed those steps to the plane that would carry me home, tired, sore, more than a bit confused, I carried with me a growing resolution to understand not so much what the hell my life had been for 20 years, but what it would be for the next 20, should I live that long. And through it all, what role would physical movement play?"

—BETHANY LEACH MAVIS

BY THE NUMBERS

HEART HEALTH

Using the aggregated (and anonymous) data of Fitbit users, a research team took a closer look at the health benefits of running and found that the activity, at any level, carries some quantifiable health benefits.

1 MILLION+

Number of 2014–2015 users whose data Fitbit's research team analyzed

4 BPM

How much lower the resting heart rate is of Fitbit users who run as compared to the average user who doesn't run

10:20 PER MILE

Typical pace of a Fitbit runner

0.9 BPM

How much a user's resting heart rate lowered for every run per week

3X PER WEEK

Users who ran this often had resting heart rates 1.8 BPM lower than those who ran just once a week.

1 MILE

For each mile users run in their regular running routine, their resting heart rate decreased by an additional 0.75 BPM.

NEWBIE TIP

While destination races sound appealing for your first few races, make it easy on yourself by **staying close to home**. Not only will you save yourself the hassle (and cost) of traveling with a bike, but you'll also be able to train on at least parts of the course, giving you extra confidence for race day.



World Class Triathlete Laura Bennett



NATURAL BORN ATHLETE

CLEAN. TESTED. PROVEN.

For more than 45 years NOW® Sports has been supporting clean and natural athletes with our award-winning line of pure, unadulterated sports nutrition products. Our products are formulated to promote optimal performance and help you achieve the results you work so hard for.*



nowsportsproducts.com • [facebook.com/nowsportsproducts](https://www.facebook.com/nowsportsproducts) • twitter.com/nowsportsnews

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



dear coach
WITH NICK LOGAN

Q How should I handle missing a workout?

A: For most triathletes, missing a workout is a cause of major anxiety. Many are afraid that missing one session is going to throw a complete wrench in their fitness progress and training plan, but that couldn't be further from the truth. While you should never try to "make up" for a lost workout by stacking it with an already existing one, you may want see if it makes sense to shift it to another day in place of

another workout.

Workouts should carry different weights throughout your training plan as you get closer to your goal race. For example, if you are swimming a Masters practice a few days a week and you miss a session, it is absolutely OK. You are not going to lose your spot in your lane and your pace per 100 isn't going to suddenly drop after missing one session. However, if you are scheduled to do a key run interval session and something comes up, you may want to work with your coach to see if it makes sense to substitute that workout for an easier run at some other time during the week so you are not missing a key session. Most coaches and training plans only advocate one or two hard runs a week due to

Miss a Masters practice? Don't panic—you won't lose your lane spot. But if you can't make a scheduled run interval session, try to reconfigure your week.

the inherent injury risk and high-impact nature, while swim practice is generally more intense with much less impact on the body.

More often than not, skipping the occasional workout due to other obligations can actually have an upside. The extra recovery time promotes healing, and that is where you make your biggest gains. So don't be afraid of skipping that swim, bike or run when you get stuck late at work or your kids are sick, because in the long run it just might make you a better athlete.

Prime Endurance Multisport owner Nick Logan is a USA Triathlon and USA Cycling Level II coach, as well as a CrossFit and NASM-PES-certified strength coach. Find him on Twitter @nlogantri.

'CROSS LIKE A BOSS

How does Olympian Sarah True have fun (and stay fit) in the off-season? By going off-road! **BY JENÉ SHAW**



You'll reap the cycling rewards (and smile while doing it).

True is an advocate of doing things that are different and make you smile. Plus, the benefits cyclocross racing has on your cycling skills make it worth a try. "It's going to help with your handling skills and develop your threshold, but it's also just fun," she says. "It's easy to get caught up in hitting numbers and we forget to have fun. I think one of the reasons I'm still racing with a huge smile on my face is because I really genuinely have a good time, and part of that is what I do in the off-season. I actively seek out things that put a big ol' smile on my face and that's, for me, riding on dirt roads and going in the woods on my 'cross bike and falling off every once in a while, but just laughing at myself because I'm being a bit of a knucklehead."

It will re-energize your mindset.

"I think it brings it back to the love of the sport, and anytime you do something out of your comfort zone that pushes you, you get that feeling back," she says. "It's a challenge, and a challenge is a good thing. It helps you grow as an athlete."

Sarah True has already punched her Olympic ticket to Rio for 2016, and coming off a season that earned her third place in the world for the ITU World Triathlon Series, she has the luxury of training the way she chooses over the off-season. The New Hampshire resident loves going off-road during the winter months and races cyclocross to keep her technical skills sharp. Considering a cyclocross event? Take True's advice for your first race.



"I think it brings it back to the love of the sport, and anytime you do something out of your comfort zone that pushes you, you get that feeling back."

It's OK to be sort of bad.

You are a triathlete, so don't expect to go in crushing it in a completely different sport. The good news is the result is kind of beside the point. "I'm a mediocre cyclocross rider, but I love it," True says. "I'm really good at the run-ups, but I can't jump barriers. I get off my bike a lot and carry it all the time. I just think, 'How did you possibly ride over that?!'"

Prepare to redline the whole time.

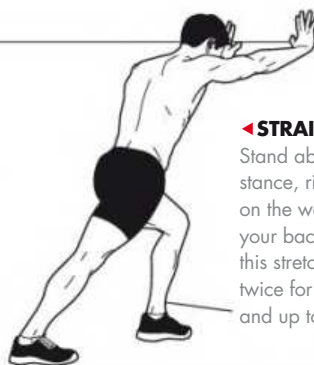
"It's hard because I'm not really fit and it really hurts when you're not fit," True says. "You're redlining for 45 minutes to an hour."

MED TENT

STRETCHED TO THE LIMIT

Treat and prevent a calf strain with these strategies.

BY JORDAN D. METZL, M.D.



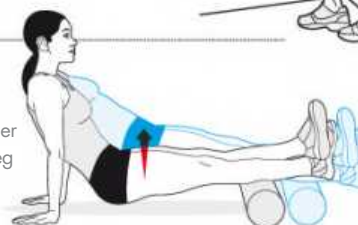
► STRAIGHT-LEG CALF STRETCH

Stand about 2 feet in front of a wall in a staggered stance, right foot in front of your left. Place your hands on the wall and lean against it. Shift your weight to your back foot until you feel a stretch in your calf. Hold this stretch for 30 seconds on each side, then repeat twice for a total of three sets. Perform this routine daily, and up to three times a day if you're really tight.



► BENT-LEG CALF STRETCH

Perform this the same as the straight-leg calf stretch, only move your back foot forward so the toes of that foot are even with the heel of your front foot. Keeping your heels down, bend both knees until you feel a comfortable stretch just above the ankle of your back leg. Hold this stretch for 30 seconds on each side, then repeat twice for a total of three sets. Perform this routine daily, and up to 3 times a day if you're really tight.



► CALF ROLL

Place a foam roller under your ankle, with your leg straight. Cross your other leg over your ankle. Put your hands flat on the floor for support and keep your back naturally arched. Roll your body forward until the roller reaches the back of your knee. Then roll back and forth. Repeat with other calf. (If this is too hard, perform the movement with both legs on the roller.)



► FARMER'S WALK ON TOES

Grab a pair of heavy dumbbells and hold them at your sides at arm's length. Raise your heels and walk forward (or in a circle) for 60 seconds. Be sure to stand as tall as you can and stick your chest out. This exercise not only works your calves but also improves your cardiovascular fitness. Choose the heaviest pair of dumbbells that allows you to perform the exercise without breaking form for 60 seconds. If you feel that you could have gone longer, grab heavier weights on your next set.

THE SYMPTOMS OF MILD (GRADE 1) calf strains include a twinge of pain in the back of the lower leg, with tightness and discomfort for 2 to 5 days afterward. Severe (grade 3) strains are marked by immediate excruciating pain, usually at the V in the calf muscles, along with an inability to contract the muscles. Bruising and swelling can appear later.

WHAT'S GOING ON IN THERE?

The calf muscles are the gastrocnemius (the larger one, which attaches above the knee joint) and the soleus (the smaller one, attaching below the knee joint). Both attach to the heel via the Achilles tendon.

Muscle strains happen when you sprint and the muscle isn't prepared for the effort expended. Contributing factors include overuse, muscle weakness or tightness, and overtaxing a "cold" muscle.

FIX IT

Dynamic rest. Avoid lower-leg work as much as possible. Do core and upper-body work to maintain your fitness.

Ice it. Ice the muscles for 15- to 20-minute stretches during the first 24 hours to help reduce pain, inflammation and muscle spasm.

Try a compression bandage.

Compression can help keep swelling down during the first 24 to 48 hours after the injury. Compression sleeves are easiest, and elastic bandages work, too, but be sure not to wrap it too tightly. If your foot turns color or gets cold, it's not getting enough blood.

Elevate it. This can help draw fluid away from the injury. Try to keep your lower leg higher than your hip as much as possible during the first 48 hours after the injury.

Shorten the muscle. For the first couple days after the injury, heel pads can raise the heel, shortening the muscle to reduce the strain on it.

Try an NSAID. An anti-inflammatory like ibuprofen or naproxen can help.

Work on flexibility. Stretch the gastrocnemius by sitting on the floor with your leg straight out in front of you. Pull your toes and foot back, hold for several seconds, and relax. Repeat 10 times. To stretch the soleus, sit on the floor with your knees bent. Support yourself with your hands behind you as you lean back, lift your leg and point your toes toward the ceiling, holding for several seconds. Repeat 10 times. Another good option? Regular yoga practice.

PREVENT IT

The best way to prevent a calf strain in the first place is building limber lower legs. An underlying lack of flexibility in your calf muscles and Achilles tendon is usually the primary cause of lower-leg problems.



New York City sports medicine specialist Jordan D. Metzl, M.D. is a 33-time marathon finisher and 13-time Ironman. His book, *The Athlete's Book of Home Remedies*, has more than 1,000 tips to fix all types of injuries and medical conditions.

STRIKE A BALANCE

Counteract your body's imbalances from triathlon's repetitive movements with these poses, designed specifically for triathletes.

THIS WINTER, YOUR WEEKLY WORKOUT ROUTINE COULD BENEFIT FROM A FEW SIMPLE yoga poses. "Triathlon training requires repetitive movement that creates imbalances in the body," says Sage Rountree, a triathlete, coach and author of the recently released *Everyday Yoga*. "Practices like yoga help balance strength and flexibility to ward off injury and help you recover faster."

If you're not an experienced yogi, the off-season is the perfect time to try new things. Rountree recommends finding a Yoga 101 or Yoga Basics class to learn proper alignment before starting an at-home routine.

Perform the poses and sequences below in this order for a balanced, all-purpose yoga routine. Do this sequence three to four times a week in both the off-season and in season. As you approach your "A" race, reduce the amount of time you spend in the strength poses and instead focus on the final two poses. —BETHANY LEACH MAVIS



1. CRESCENT LUNGE

Purpose: Builds strength in the front lower leg and glutes while cultivating flexibility in the hip flexors of the back leg. This translates to a more fluid stroke and stride, and less stress on your back. **How to:** Hold for 10 breaths each side.



→ switch sides

2. WARRIOR III

Purpose: Strengthens the lower legs, hips and core; stretches the hamstrings and builds balance. **How to:** Do three sets of five breaths on each side.



→ switch sides



3. BRIDGE POSE

Purpose: Builds strength in the glutes and hamstrings while stretching hip flexors, abs and chest. It's a great antidote to tightness caused by cycling. **How to:** Do three rounds of 10 breaths.



Find more poses for athletes and learn how to develop your own at-home yoga routine with *Everyday Yoga* (\$22, Velopress.com).



→ switch sides

4. CROSS-LEGGED TWIST

Purpose: This relaxing twist stretches the hips and chest while improving rotation in the spine, which helps with your swim stroke. **How to:** Stay 15–25 breaths on each side.



→ switch sides

5. LEGS UP THE WALL

Purpose: Fosters recovery while stretching hamstrings and chest. **How to:** Stay five minutes or longer.

Video quality is 1280x720 resolution at 30 frames per second, and the camera captures a 100-degree view.

The Fly6 has a 30-lumen output, three configurations and four brightness modes to ensure enhanced rider visibility.

At 4 ounces, it is lighter than most GoPro-plus-light setups.

With two mounts and various spacers and straps, it will accommodate most seat post angles/setups. It also comes with an aero seat post adapter.

The 8-gig micro SD card holds up to two hours of footage. At the end of two hours, the camera will record over the footage on a loop.

HARDWARE

GOT YOUR BACK

CYCLIQ FLY6 \$168, Cycliq.com | This rear-facing LED light/HD camera combo was developed by a cyclist after he was involved in a road rage incident that had him wishing he had footage of the encounter—and the perpetrator's license plate. With a battery life of six hours (10 in camera-only mode), the Fly6 adds another protective measure while also providing useful footage if something does go wrong. (Bonus: It's also a fun toy for capturing footage from inside the peloton—or of your kids in the bike trailer.) The company also developed the next-level Fly12, priced at \$279 and available for pre-order through the site. It features a 400-lumen light, sharper video quality and Wi-Fi connectivity so it can interface with training apps like Strava. —JULIA BEESON POLLORENO

the TRANSFORMER

This cycling jacket goes from sleeved to vest in no time.



SUGOI VERSA BIKE JACKET \$115, Sugoi.com

It's nearly impossible to dress perfectly for every weather and body temperature change you will experience on a ride. You may start out in fog on a chilly morning only to sweat as you ascend into the sun in the afternoon. Sugoi's Versa jacket accommodates the need for wardrobe changes by converting from jacket to a vest via magnetic, removable sleeves. (The sleeves are easily stowed in the rear zippered pocket.) The bright jacket, which comes in four other colors, also features reflective details to help with low-light visibility.

—JENÉ SHAW



with SAM APPLETON

Australia's Sam Appleton has been around the sport of triathlon for more than a decade—since age 12—and got his start on the ITU scene. However, he's found his stride in long course, racking up a number of Ironman 70.3 victories since he made the switch, starting with a victory at Ironman 70.3 Canberra in 2013. A member of the Bahrain Endurance 13 team and coached by fellow pro triathlete Tim Reed, the 70.3 specialist had a solid 2015 season, with a course record victory in 3:43:06 at Ironman 70.3 Vineman and wins at 70.3 Austin, 70.3 Cairns and 70.3 Busselton.

1 PARK TOOL SPROCKET REMOVER/CHAIN WHIP AND SHOP CONE WRENCHES (Parktool.com) "My bike tool collection is pretty much limited to a multi-tool, pedal spanner and chain whip/cassette tool."

2 DEFEET LEVITATOR LITE 5" D-LOGO BLACK ([13, Defeet.com](http://$13, Defeet.com)) "My lucky pair of socks that I use for each race. They're super easy to get on in transition."

3 RUDY PROJECT GENETIK ([250, E-rudy.com](http://$250, E-rudy.com)) "For training."

4 TIMEX ORIGINALS 80 ([60, Timex.com](http://$60, Timex.com)) and **WATERBURY** ([80, Timex.com](http://$80, Timex.com)) "I have a bit of an obsession with watches—I own six casual watches."

5 SAN PELLEGRINO SPARKLING WATER (Amazon.com) "It's my go-to."

6 WHOLE FOODS MARKET MAGIC BARS (Wholefoods.com for stores) "My favorite snack."

7 SAUCONY MIRAGE 4 ([110, Saucony.com](http://$110, Saucony.com)) "I train in the Mirage and race in the Saucony Kinvara or A6."

8 SHIMANO SH-R321 ([380, Shimano.com](http://$380, Shimano.com)) "I like looking good out on the bike."

9 AUSSIE BUM CLASSIC 2.5 ([19, Aussiebum.com](http://$19, Aussiebum.com)) "I have three pairs of Aussie Bum tags, but my favorite are the classic style."





GROUNDING IN GRATITUDE

Triathlon and a new attitude helped me find the person I had lost in the rat race of life.

BY MEREDITH ATWOOD

I'll admit that around the time my kiddos were the ages of 1 and 2, I had sort of lost my way. Not in a directional sense, but more in the sense of not knowing who I was. I was confused about who and what I had become. I had graduated from college, married young and plunged head-first into law school. Before I knew what happened, I had a legal career that was making me miserable, a spouse who was working ridiculously long hours and two young babies who (while precious and amazing) were very, very exhausting. I was trying to do it all, and I was running on fumes. »

HUNTER KING

When I added triathlon to the mix, I am not sure what I was thinking. *I should be taking away extra things to do, not adding work*, I said to myself. *Plus, I totally suck as a triathlete. I can't swim worth a crap. I fall over at every red light on my bike. And running? Let's not even talk about it. I know what running looks like, and I am not running.*

I kept at it, though. I (sort of) sucked a little less with each workout. More importantly, I began to enjoy the process of training for triathlon. The swim made lovely bubbly noises, which at 5:30 in the morning was comforting. Underwater was a secret place where no one could reach me: no emails, no phone calls and no “Mommy, Mommy, Mommy.” Runs were hard and sweaty, but I gradually improved. As an added bonus, I began to stop easily and without drama on my bike.

I did some races over the course of a year: some sprints, an Olympic distance, and I topped off my first full season of triathlon with a half-iron-distance race, finishing pretty solidly for the overweight, slow racer I was. But even with a half-iron under my belt, I didn't consider myself a “real” triathlete.

“I do triathlon things,” I would tell people. (What does that even mean?)

Well, turns out that I was afraid. I was afraid of *triathlon things*. I was afraid of it all. Training, race day and my bicycle. No matter how much I swam or biked or ran, I was a nervous Nellie. Also, no matter how much I swam, I hated putting on the swimsuit around other people. I hated myself in my cycling jersey and in the tri kit on race day. I was *racing* (albeit slowly), but I still felt like a fraud. *Why was I doing things that were*

terrifying me?

With my first triathlon bike, I decided to take stock in my worth and really start behaving like a triathlete. No matter if I looked like a triathlete (I didn't) or not (still don't), darn it, I was going to act like one. Me and my fancy new set of wheels.

On my flagship bike ride with Andy Potts (not the real one—the name of my bike at the time), I was feeling like a “real” triathlete. Look at me! I have *alllll* the *triathlon things* now! I swear to you, I was saying that *in my head* when I ran off the trail and rode my bike slap into a solo rider. *Poor Andy*. I felt like such a newbie. I mean, who gets a brand new tri bike and crashes it just *because?*

Acting like a triathlete and having all the fancy things clearly was not the issue. All the things just made it all the more clear that I was out of my league. Because in my head and heart, I still believed that I was some sort of weird triathlon fraud. Was it because I wasn't super fit looking like “everyone else” on the race course? *Maybe*. Was it because I was slower than most? *Maybe*. I started thinking and making lists about all the things that were “wrong” with me, and after a while, it was clear that I should quit the sport entirely. *Time. Money. Speed. Back fat. Arm fat. Black toenails. Spandex.* (Just to name a few of the hundred.)

But I continued to come back to one rea-

son and one reason only that I continued to wake up in the wee hours of the morning to train. There was one reason that I continued to push through the fear. My mind circled right back to this one small thing about triathlon: Deep down, triathlon made me *happy*.

Once I embraced the fact that I was

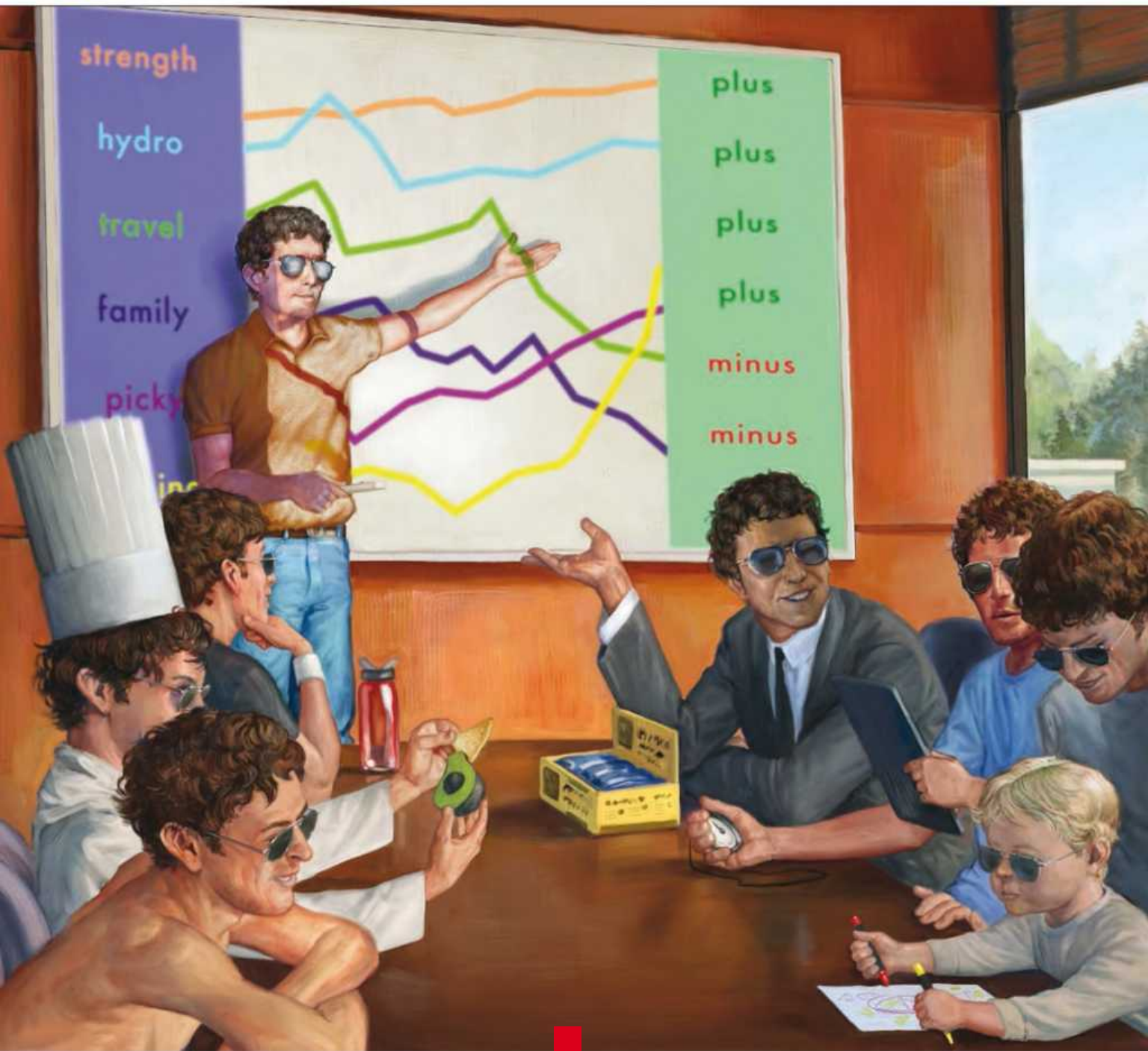
doing this sport simply *because I enjoyed it*, then things began to change for me. Somehow, I began to believe myself a triathlete—I found myself worthy of that small title: *triathlete*. I put out the mantra “be brave, be thankful” in preparation for my first Ironman race. I began to repeat to my triathlete friends: Race with a happy and thankful heart. Yes—be brave on the race course, but be *thankful* you are out there, racing and enjoying the beautiful day in a body that is working for you. Making the switch from a fussy, worrywart newbie into a semi-confident triathlete felt fairly simple when I changed my internal dialogue from, “You are such a triathlete loser!” to “Look at what your amazing body just accomplished!”

Oh, the body. Please understand that I am *so* grateful for the capable, strong and fiercely determined body. Still, my body is sometimes the biggest struggle for me. My body is the one hang-up that keeps me timid in my quest for being a *real* triathlete. No matter how much weight I lose, I still think of myself as someone who is lost, wandering around on race day, getting in the way of the *real* triathletes out there. (“Who let that little chubby girl across the Ironman finish line? Get her back in the food tent, stat!”)

I jest, and I keep going back to gratitude, over and over. Because no matter what my body looks like, it is a body doing wonders for me on race day and in each day of training. I think about the people in this world who would give anything to have a healthy body that is even slightly capable of swimming or cycling or running—not to mention all three in one race. With each day of triathlon gratitude, I watched myself gain back a little bit of the person I had lost—that person who had become so muddled down and lost in the rat race of life. By surrounding myself with this triathlon shield of gratitude, everything else seemed to make more sense. I began to search for happiness and gratitude in other areas of my life—at home, at the office, in my relationships with co-workers and friends. I found that I listened more carefully and loved more deeply. I was kinder and gentler to those around me because I felt blessed and thankful to just *be* me. Me: the person who just happened to be a *real* triathlete. ■

Meredith Atwood is a wife, mom, attorney, Ironman, coach and author of Triathlon for the Every Woman. She lives in Atlanta with her husband and two children, and blogs at SwimBikeMom.com.

WITH EACH DAY
OF TRIATHLON
GRATITUDE, I
WATCHED MYSELF
GAIN BACK A LITTLE
BIT OF THE PERSON
I HAD LOST—THAT
PERSON WHO HAD
BECOME SO MUDDLED
DOWN AND LOST IN
THE RAT RACE OF LIFE.
BY SURROUNDING
MYSELF WITH THIS
TRIATHLON SHIELD
OF GRATITUDE,
EVERYTHING ELSE
SEEMED TO MAKE
MORE SENSE. I
BEGAN TO SEARCH
FOR HAPPINESS AND
GRATITUDE IN OTHER
AREAS OF MY LIFE.



DATA-DRIVEN

Simple steps for evaluating
your progress and planning for 2016

BY JESSE THOMAS

In March 2011, I went to my first triathlon camp with coach Matt Dixon of Purplepatch Fitness and was assigned a shared room with Sami Inkinen. I didn't know much about Sami other than he was very fast (I'd raced him a few times as an age-grouper), very handsome (his remarkably always perfect hairdo was the target of far too many of Matt's jokes) and apparently very smart (he had a Stanford MBA and had recently co-founded some real estate website named "Stevia" or something). »

MATT COLLINS

Sami and I spent many afternoons working away on our laptops, eating endless bowls of guacamole and chips while recovering between sessions.

One day, I asked him what he was working on. He said he was taking a brief break from actual work and updating his training log. I asked him what software he used. He said he was an Excel nut, and used it for just about anything he could. I also considered myself a fairly proficient spreadsheet dork since my mechanical engineering days, but there's nothing that could have prepared me for what he was about to show me.

For years he had meticulously logged every stat and detail of every workout, his sleep, nutrition, performance, and tons other factors I didn't even know existed. He had charts, graphs, formulas, pivot tables, VLookups, nested formulas to parse strings and other stuff I didn't understand and had trouble pronouncing. It was, easily, the coolest thing I've ever seen in my life. A self-described "incurable data geek," Sami approached triathlon in the same way he approached business—using meticulous data gathering and analysis to identify trends, aid in decision making and continuously improve many facets of his athletic performance. He told me later that in business and in triathlon, "the rate of learning separates winners from losers."

At the beginning of every year, I think of Sami and that statement and try to, in a much less detailed and impressive way, report and analyze my previous year's progress in the hopes of making a plan that will help me take that next step toward "better." We can't all be Bobby Fischer on Excel, but there are some *simple* steps you can use to help you evaluate your progress and create a plan for success.

First, review what you said you were going to do. Before you start making a list of all the things you want to do this year, take a look at the list of things you said you were going to do last year. This is kind of like looking in the fridge and cupboards before going to the grocery store. It keeps you from getting stuck in a never-ending cycle of re-identifying the same problems and addressing them (or not) in the same way without ever making forward progress, i.e., eight partially used ketchup bottles in the pantry.

Grade yourself, and ask why it did or didn't happen. I give myself a grade on each thing I said I was going to, then I write the main reason or two it did or didn't happen. Those developers and/or business guys familiar with "scrum" project

management concepts know that this is a hugely important part of the process—asking "why?" Did information or priorities change? Were you unable to get the advice or expertise you needed? Did you bite off more than you could chew? It helps remind you of what you've already tried and sets the stage for what you can and should do when you finally look forward and set goals.

The season is so long, it's often hard to remember what we said we were going to do when it started, so if at all possible, write it down in a Google doc or email it. I found my list from the beginning of 2015 in an email to Matt. Here it is with grades and "why's":

- Consistent strength program. *(A) My main focus, and did a good job.*
- Hydration/nutrition work. *(D) Thought about it a lot but never put plan in place.*
- Less travel and less racing. *(B) Raced less, still too much external travel away from family.*
- Consistent weekly schedule with blocked out family and Picky Bars times. *(C) Got it sometimes but wasn't consistent enough. Still need to limit time outside of these priorities and training.*
- Regular group swims. *(B) Mostly pretty good.*
- Run-specific strength, and more FAST speedwork. *(B+) Hit the track, speed came back.*
- Dynamic bike efforts above 380 watts. *(A-) Lots of HARD dynamic bike efforts paid off.*

Make a new list of focused problems you want to address. In addition to things leftover from last year's list (for me, hydration and schedule), are there new things you need to work on while looking back at your year? For me looking at potential focus on Ironman next year, an easy one is adding more bike-specific strength and some longer rides so I don't explode at four hours like I did in my first go. List them all out—anything important you

can think of that will help you improve.

Prioritize. It's easy in a new year to make tons of new goals and overwhelm yourself with too many changes at once. Changing habits is tough, takes time and concentration, and generally you're more likely to be successful by cutting the clutter and focusing on the few most important problems. I generally aim for 4–8 problem areas where I'll get the biggest bang for my buck.

Make a plan for each item on your list. Last year I knew hydration and nutrition in the heat were a problem for me, but I didn't create a plan for how I was going to address those issues. As a result, I ended up making little to no improvement in them. You can't just identify the problem without at least taking a stab at the solution. For each problem, identify a few key tactics that will help you address it. Think of things you can do regularly that are as measurable and achievable as possible.

My 2016 problems and plans:

- Loss of bike power, back/sciatic/knee problems
 - » 3 times weekly bike- and weakness-specific strength program
 - » Longer rides at the right time of year
- Hydration/nutrition/cramping
 - » Meet with experts, seek out testing and data
 - » Frequently test and train in hot environments (and repeat)
- Decrease time spent outside of family, training and Picky Bars
 - » Monitor time in external areas
 - » Say "no thank you" more often, guard family time
 - » Check in and readjust weekly schedule on monthly basis

DO IT! Now comes the fun part—go do it! Enjoy the challenge and confidence of having reviewed your history and used that information to create a better plan going forward.

In the couple of years after our first camp, that guacamole-eating, perfect hair-wearing Finnish man went on to be the fastest overall age-grouper at the Ironman 70.3 World Championship and Ironman World Championship. And that little company of his? Well, it is called Trulia and it IPO'd for around \$500 million.

Clearly, we won't all be Samis, but we can all use the basics to help us evaluate our progress and take an awesome step forward into the new year. ■

Jesse Thomas (@jessestomas) is a five-time Wildflower Long Course champion, Ironman winner and the CEO of Picky Bars (Pickybars.com).

CHANGING HABITS IS TOUGH, TAKES TIME AND CONCENTRATION, AND GENERALLY YOU'RE MORE LIKELY TO BE SUCCESSFUL BY CUTTING THE CLUTTER AND FOCUSING ON A FEW IMPORTANT PROBLEMS.

2016 REGISTRATION IS NOW OPEN!



SEPTEMBER 11, 2016

OLYMPIC • SPRINT • RELAY

AMERICA'S PREMIER TRIATHLON WEEKEND
OLYMPIC • SPRINT • RELAY
NATIONSTRI.COM

TITLE SPONSOR



OFFICIAL SPONSORS



CHARITABLE PARTNER

swim bike run

TRAINING / GEAR / RACING / RECOVERY

The 15th time was the charm for American Josiah Miedaugh, who won his first XTERRA off-road world title in his 15th start at the Maui race. (He also became the first American in 15 years to win there.) Last year, he finished as the runner-up behind Spain's Ruben Ruzafa; this year, Miedaugh overcame a 1:45 deficit to Ruzafa off the mountain bike to take the victory on the grueling course in 2:35:32. New Zealand's Braden Currie finished second and Ruzafa finished third. In the women's race, Bermudian Flora Duffy successfully defended her world title in a time of 2:54:18. Scottish-born Lesley Paterson was second, and American Emma Garrard rounded out the podium in third.

PHOTOGRAPH BY JESSE PETERS / XTERRA





What's the best way for an experienced swimmer to help someone learn to swim? —@tri2ride

A: If you look like you know what you are doing in the water, chances are high that you may be asked for advice at the pool. Don't shy away from a water newbie—use your experience in the water to help make his or her transition into the aquatic environment go smoothly.

It can be a challenge to teach something that comes naturally to you. Don't get too fancy with technique—just stick to the basics. Start by providing a visual demonstration. Swim a few easy laps and allow your pupil to watch you above and below the water. Make sure to point out that you are exhaling under the water, keeping your body horizontal along the surface and staying relaxed.

Many new triathletes struggle because they do not know how to relax in the water. Demonstrate and help your pupil get comfortable floating and treading water on his own. This skill provides greater confidence and reduces anxiety during open-water swims. A good front float translates into efficient freestyle form, while

a relaxed back float can provide a quick rest in the middle of a race.

Breathing is the most common challenge for adult novice swimmers. You can stay right on the wall or stand in the shallow end and practice bobbing and blowing bubbles. Show that you are exhaling out of your nose and suggest he try humming if it is difficult. Look for a steady stream of bubbles and a relaxed inhale when his mouth comes out of the water.

Finally, touch on the flutter kick by demonstrating with or without a kickboard and having your pupil mimic you across the pool. Check for some major flaws like moving backward, bicycling from the knees, having too big of an oscillation or not breaking the surface of the water. Make some suggestions and allow him to experiment on his own to find success.

Sometimes the biggest swim tips can be the most basic fundamentals. Confidently offer advice by reminding your newbie that he walked before he ran. In the water, floating comes before swimming.

Q: I am stuck at the same pace. I try to push the pace but my form breaks down. How do I get faster? —@waddlingon

A: Plateaus are common in swim training, and they often stem from repetition of the same training. Break out of the rut by trying new workouts, adding dry-land strength, or focusing on one phase of technique for a week. Try mini main sets that are shorter in duration and length. Swim at a hard effort for as long as you can maintain good form and then stop when it breaks down. Do a short recovery swim or pull and then do the high-intensity main set again. Over time, try to hold your technique together for longer and longer. Eventually, you will break through!

Q: I struggle with finding a balance of keeping my head down while incorporating sighting. Any suggestions? —@BrinnHovde

A: Sighting is technically the worst thing a swimmer can do in regards to body position. However, it must be done in open water, so the key is to do it as efficiently as possible. First, lift only what is necessary for sighting out of the water: your eyes. Don't lift your whole face and take a breath while looking forward. Second, time each sighting with your breath and the waves. Look up only when you are high in the water and take a breath immediately before or after sighting. Finally, sight only as often as necessary. Any swimmer can take 6–12 strokes without getting off course, so return to an efficient stroke and body position between each sighting.

Swim coach and former pro triathlete Sara McLarty has 25-plus years of experience and knowledge about swimming mechanics, efficiency and technique.



■ GOT A SWIMMING QUESTION? COACH SARA WANTS TO HELP. JUST TWEET YOUR QUERIES TO @SARALMCLARTY

IDEAL FIT. ULTIMATE POWER

THE 2016 REDESIGNED PHANTOM



TIM O'DONNELL
3RD PLACE FINISH
2015 IRONMAN WORLD CHAMPIONSHIPS

 **Aqua Sphere®**

The redesigned 2016 Phantom is the only wetsuit to deliver an adjustable fit, delivering power and comfort. With its proprietary Core Power System, the Phantom wetsuit fits your body like a second skin, with zero restriction, and allows you to adjust the fit around your waist to maximize your core power. See the complete range at www.aquasphereswim.com

STRAIGHT AWAY

Could this new device solve your crooked swimming problem? **BY EVAN RUDD**



IF ONLY THERE WERE LANE LINES SET UP IN

every lake, ocean and river, there'd be no need to sight or worry about swimming straight. Since that's an unrealistic notion, the Iolite GPS guidance system was invented to help you stay on course and swim as straight as possible. The device is about the size of a matchbook and clips to the strap of your goggles on the back of your head while a small strip of LED lights attaches to one lens of your goggles. Swim straight ahead and a green light in the center of the strip indicates you are on course. If you veer slightly to the right or left, a yellow light appears. Start swimming severely off course and a red light will come on. You can pre-load a swim course before you start your workout or use the device in freestyle mode.

In addition to helping you swim straight, there are lights you can pre-program to help you achieve a desired cadence and pace. Another light will blink at a specific distance interval so you can keep track of how far you've gone.

The navigation features of the Iolite are great, but it offers additional value in its ability to provide detailed analytics after you swim. Since it uses GPS, you can load your workout to Iolite's online platform to analyze the exact route you swam.

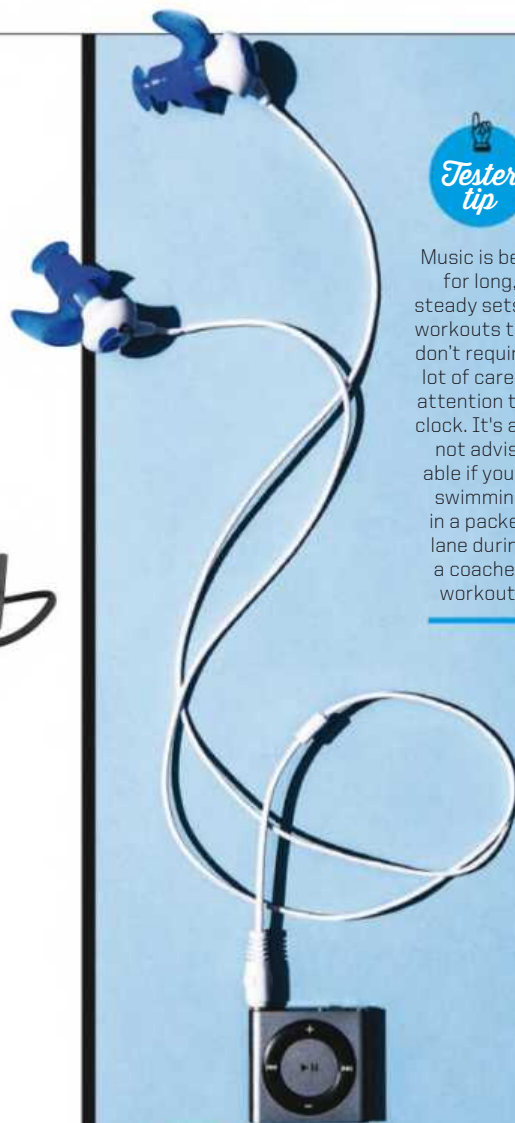
Iolite has been well received by most triathletes looking to shave time off their swim splits and has been approved for use in any triathlon by USAT, but some think it offers an unfair advantage, claiming that swimming straight and sighting are part of racing and skills that should be developed. The counter argument is that every piece of gear at a triathlete's disposal is designed to make the athlete faster in a race. Iolite's designers were careful to leave out any feature that would make the device illegal and consulted USAT officials before making their product available to the public. There are certain open-water swims that have specific rules against such devices, but those rules vary from event to event.



Iolite
\$199,
Swimiolite.com

Tester tip

Music is best for long, steady sets or workouts that don't require a lot of careful attention to a clock. It's also not advisable if you're swimming in a packed lane during a coached workout.



TRI'D IT

SWIM SONGS

*Underwater Audio Swimbuds, \$70;
Underwateraudio.com
(Waterproof iPod sold separately for \$125)*

It's a common complaint among triathletes: Swimming lap after lap in silence can get tedious—quickly. Taking your favorite training tunes underwater can help combat black line-inspired boredom and inject some motivation into your workouts. With four different earbud styles in this set, you can easily dial in the most comfortable fit that gives the tightest waterproof seal. The sound quality was surprisingly impressive—not at all tinny or muted. The simple-to-operate iPod clips onto the goggle strap at the back of the head, and the headphone wires didn't tangle or annoy over multiple workouts. These sturdy, versatile earbuds might be the only headphones you need for all your training.

—JULIA BEESON POLLORENO

30-Minute WORKOUTS

Need to get in a pool session but only have half an hour? Make the most of your short time frame with one of these workouts. **BY SARA McLARTY**



MAYBE YOU HAD A LONG DAY AT THE OFFICE OR A SHORTENED LUNCH BREAK, BUT THERE IS still enough time to get to the pool for a quick 30-minute session! Don't scoff at the abbreviated time—you can accomplish a lot in the water: Focus on drills and technique, get in a long aerobic swim or just maintain your “feel” for the water, which can quickly disappear if you stay out of the pool for too long.

WORKOUT 1

Purpose: Emphasize efficient technique with low-intensity, purposeful drills.

- 300 choice warm-up
- All with 15 sec rest:
- 4x25 kick
- 4x50 Fingertip Drag Drill
- 4x75 (25 right arm, 25 left arm, 25 swim)
- 4x100 (25 scull, 75 swim emphasis on catch)

*Repeat until your time is up.

WORKOUT 2

Purpose: Build strength with a pulling set (paddles are optional).

- 100 swim/100 non-free/100 kick warm-up
- 4x150 pull with 20 sec rest (50 easy/50 moderate/50 strong)
- 100 swim recovery
- 4x100 pull with 10 sec rest (descend time 1–4)
- 100 cool-down

WORKOUT 3

Purpose: Prepare for the open water in the comfort of your local pool.

- 300 warm-up (kick every fourth 25)
- 8x25 with 10 sec rest (odds: Tarzan Drill, evens: Fist Drill)
- 400 swim (no walls, turn at the “T”)
- 4x75 with 15 sec rest (25 sprint, 50 steady)
- 4x50 pull with 10 sec rest cool-down

WORKOUT 4

Purpose: Work on speed and stroke cadence with short, high-intensity sprints with full recovery.

- 2x100 swim/50 kick warm-up
- 6x25 with 15 sec rest (build each 25 to fast)
- 100 pull easy/recovery
- 6x25 with 15 sec rest (alternate fast and easy)
- 200 pull easy/recovery
- 6x25 with 15 sec rest (2 fast, 1 easy)
- 300 pull easy/recovery

WORKOUT 5

Purpose: Stay focused with goal times for long endurance swims.

- 100 choice warm-up
- 600 swim (take note of your time)
- 60 sec rest
- 300 swim (try to be faster than half of your 600 time)
- 45 sec rest
- 150 swim (faster than half of 300)
- 30 sec rest
- 75 swim (faster than half of 150)
- 100 cool-down



SWEAT THE SMALL STUFF

Use the off-season to (finally!) focus on all the things you *should* be doing to become a better triathlete. **BY BETHANY RUTLEDGE**

THOUGH IT CAN BE TEMPTING TO JUMP right back into swim, bike, run preparation for 2016, there might be better areas to focus on in the off-season that could lead to more gains.

During the season, it's difficult to focus on that extra 10 percent, which is why the winter is the time to do all the things you've been putting off. Sure, there are no prizes awarded at the end of the pre-hab finish line or 30-minute core workout, but it will pay off come next year.

Here are some ideas on why and how to emphasize the "extras" so when you hit triathlon-specific training, you're healthy and ready to go!

FOCUS: REHAB OR PRE-HAB

Got that one nagging little issue (or nervous to acquire any in the future)? Treat the

off-season as injury prevention time. For many types of injuries, you need rest combined with proactive treatment for best results. Josh Glass, owner of Georgia Sports Chiropractic in Atlanta, Ga., points out that the majority of endurance athletes' injuries are overuse in nature, and hands-on treatment, improved biomechanics and rest can all help.

► **Your training plan:** Work with a healthcare professional to devise a rehab or pre-hab "training plan." Making sure you're not weak or lack mobility in a key area will pay dividends when you ramp up the volume down the road. Glass says that the most important part of treating or preventing any injury is identifying the cause and getting an individualized treatment

and home rehab plan you can do daily. Give yourself goals such as getting to the point where you can do an activity pain-free, achieving X range of motion or improving to a level of strength that your healthcare professional advises.

FOCUS: BODY COMPOSITION

It can be the best of times (less training) and the worst of times (holiday season) to work on body composition during the winter months.

Ilana Katz, a licensed dietitian and the owner of Optimal Nutrition for Life, says it is difficult to achieve in-season weight loss because peaking aerobically is complex, and part of it has to do with metabolic efficiency. “An aerobically efficient athlete’s body uses calories sparingly,” she says. “During the peak of the season, endurance athletes aim to match their training calorie intake toward calories burned, yet they are also at their peak of aerobic efficiency.”

Simply, this means it can be extra difficult to get lean while pounding away hours swimming, biking and running. The off-season is a great time to focus on returning to lean as a main goal, because balancing calorie burn with calorie intake is much more simplified when aerobic efficiency is reduced. Katz recommends combining small changes in diet along with resistance training to maximize results.

With this plan, she says, “you will be amazed at the lean physique emerging at the other end of the holidays ready for a new season leaner and stronger.”

► **Your training plan:** Solo or in partnership with a dietitian, identify the low-hang-

ing fruit as far as nutritional changes you can make and combine with a sustainable healthier diet.

It’s motivating to have a start and end date, so force yourself to record your starting line with an accurate body fat measurement and set a date to be re-measured.

FOCUS: FUNCTIONAL STRENGTH

The argument over the exact role of resistance training in triathlon is as old as the sport. But it’s hard to argue the fact that you need some baseline level of strength to run with proper form, hold the aero position or pull with greater force. (Plus, there’s the added benefit that a functional strength program can also help support your aforementioned goal of improving body composition.)

All too often, even when weight training appears on an endurance athlete’s workout schedule, it gets very low priority. But weight training enables you to build lean muscle and significantly increase your metabolism, which helps you reduce body fat and body weight. With the reduction of high-volume endurance in the off-season, there’s zero excuse not to get into the gym and start lifting.

► **Your training plan:** One option is to work with a trainer or follow a basic functional strength routine online. If you fear the drudgery of following a plan, consider a fun push-up, pull-up or squat challenge with friends. Think of a challenge that will get you motivated to get stronger. Maybe it’s 500 push-ups a week, working toward unassisted pull-ups, or simply hitting the gym three times a week.



FOCUS: TECHNIQUE

Though swimming is the most technically driven of the three sports, how efficiently you run and bike also depend on technique. During the season, technique can get shelved in lieu of mileage and intensity goals, but now is the time to become a technically proficient athlete.

► Your training plan:

Swim The first step toward improving your swimming technique is to get a “before” shot. Have someone video your stroke—preferably above and below water—and consider a lesson or two with an experienced swim coach to identify stroke flaws that could be hindering your efficiency. If a video lesson isn’t in the budget, try a website like Swimsmooth.com to identify your swim type and provide recommended drills for improvement.

Bike There are potentially inefficiencies in your pedal stroke that could lead to power loss on the bike. To

check differences in right versus left pedal stroke, a good place to start is with a CompuTrainer spin scan. If you have a [Pioneer power meter](#) available, there is new technology in the unit that allows you to measure your complete pedal strokes and potential inefficiencies through its patented formula. A simple at-home test is doing one-legged drills for 60 seconds and noting where there are “dead spots” in your pedal stroke.

Run Identifying run form improvements also starts with a video. Running is where you should exhibit the most caution in trying to alter your form as changes can lead to injury. Many common form issues are symptoms of weakness and flexibility and not root causes. For example, if you find that your cadence is quite low (less than 85 steps per minute), you should seek to understand why instead of just consciously increasing your cadence.

TUNED IN

Simplify your derailleur adjustment with this phone app. **BY EVAN RUDD**

LIKE LEARNING A FOREIGN LANGUAGE, FIGURING OUT HOW TO WORK ON your bike can be frustrating and overwhelming. But a new tool called Otto can empower even the most novice bike mechanic thanks to its voice-guided app that can tune a rear derailleur in just a few minutes. The product itself is pretty simple. There are two gauges that attach to your bike and sync with an app on your phone. The app is compatible with 9-, 10- and 11-speed Shimano and SRAM drivetrains and will walk you through the set-up process, asking how many teeth are on the largest and smallest cogs of your cassette.

The first diagnostic task is to evaluate the limit screws, which is done in the “complete” mode and can take several minutes. Once those are dialed, it will check the barrel adjuster using the “fast” mode, which can take less than a minute. Most shifting problems can be fixed through a few clicks of the barrel adjuster, making Otto a useful tool. It will even identify a bent derailleur hanger and help you through the process of fixing it. There are other variables that can affect shifting performance that Otto can’t address, such as worn-out cables or a damaged derailleur. But when you consider the cost of taking your bike into a shop to fix a problem you can now take care of at home, Otto will pay for itself after just a few tune-ups.



Otto
\$39, Ottodesignworks.com

SIDE KICK

This new bike pedal uses lateral movement to increase stroke efficiency.

Nikola is a brand aiming to revolutionize the bicycle pedal with a design that incorporates 25mm of lateral movement into the pedal as it rotates around the crank. The intent is to increase pedaling efficiency and power by utilizing additional muscle groups thanks to a more natural rotation that mimics the way a speed skater accelerates. The first version of the pedal was too bulky and excessively heavy with poor cornering clearance. Version 2.0 weighs 100 grams less than the first iteration, but at 450 grams, is still heavier than most mountain bike pedal sets. Three new models will

debut in 2016, including a \$499 model that has a magnesium body with titanium spindles and a claimed weight less than 200 grams.

So how do they feel? When you first start pedaling, you barely notice the float of the pedals as you spin the cranks. There’s not much of a “break-in” period even though you are engaging more muscles. You can feel the lateral movement more while climbing or during out-of-the-saddle efforts. Nikola’s lab tests showed a 2 percent increase in efficiency and 7 percent increase in peak power, which could result in significant time savings for triathletes. —E.R.



NIKOLA PEDALS, \$199–\$499,
Nikolainnovation.com

YOU TRUSTED US WITH BASE SALT.



NOW TRUST US WITH YOUR HYDRATION.

WHY BASE HYDRO:

- Its intentionally light, palatable flavor will continue to taste great during your longest race without upsetting your stomach.
- Three separate sugar sources with 50% slow-absorbing maltodextrin maximizes your body's absorption and provides sustainable energy.
- 550 mg of sodium per 24 oz bottle helps replenish your electrolytes.

WHY BASE AMINO:

- Rapidly absorbing free amino acids provide an additional fuel source, delaying the depletion of glycogen and the onset of fatigue.
- Amino acids facilitate the absorption of sugars, ensuring your carbohydrate source provides maximum energy. Amino and Hydro are better together.
- Supplying your body with amino acids prevents the break down of muscle for energy and helps mitigate muscle damage from intense and prolonged exercise.



THIS OFF SEASON BUILD A BETTER BASE

Take the BASE Performance 15 Day Challenge: Use one scoop of BASE Amino, two scoops of BASE Hydro for at least 15 days continuously in training, if you are not completely satisfied return it from where you purchased it for a complete refund.



KIT OF THE MONTH

BLURRED VISION

With only 75 of each jersey made, Blur Cycling caters to athletes who want a jersey their training partner doesn't have.

BY JENÉ SHAW

➔ The trio of cyclist friends who created Blur Cycling hold themselves to three standards when designing bike kits: Every collection must have a simple theme, each must be offered in men's and women's sizes and only 75 of each jersey can be printed.

"We decided that we wanted each jersey in our small-batch collections to look like it is part of a whole," says one of the founders, Jonathan Gates. "They're intentional. They're planned. This way, it keeps us from getting bored and allows us to sort of re-invent our brand with every collection."

Gates says that they generally hate the idea of wearing the same kit a dozen other people are wearing, so they keep quantities limited to foster exclusivity. "We've carried that through our pack-

aging and will lean into that even harder on our next collection by individually numbering each jersey, i.e., '2 of 75,'" he says. "We think that'll be something really special for people who can get their hands on a jersey before the collection sells out."

First came the design, then came the hard part—finding the right materials to meet their quality standards. "We sampled materials and manufacturing from all over the world," Gates says.

But in the end, they wound up using the highest quality fabrics they could find, which—of course—came from Italy (Gates says the fabrics for the jersey feel like "unicorn hair"). They created the Mono, Vol 01 jerseys as a summer collection to withstand hot summers with mesh paneling on the back and sides, and used an Italian Cytech chamois, a staple in the cycling industry.

"It also became really important to us that our kits were made ethically," Gates says. They partnered with a Canadian manufacturer to sew their kits and are proud of the decision. "Yeah, it lowers our margins significantly, but it also allows us to sleep well at night knowing there aren't some kids in Myanmar sewing our kits while we're sleeping."

ON HIM
CHECK YO SELF JERSEY, \$110,
AND BIBS, \$160

ON HER
SLAT JERSEY, \$110,
AND BIBS, \$160
Blurcycling.com

We can't help but wish this April Fool's Blur "Space Wolves" jersey were real.



MAKE YOUR NEXT RACE LIFE CHANGING

Secure your race entry today.
No lines. No hassle.

Help accelerate a cure for cancer and receive exclusive race perks:

- Discounted Team Registration Fee
- Top Fundraisers go to KONA
- Priority Bike Racking and Custom Bibs
- Access to convenient hotel room blocks at local hotels
- Special viewing areas and activities for family and support crew
- Virtual Coach & FREE Training Peaks training program
- Custom MMRF Team for Cures Sugoi® Tri Kit and Gear!

The MMRF is the Official Charity Partner of IRONMAN® Lake Placid. IRONMAN® is a trademark of World Triathlon Corporation, registered in the U.S. and foreign countries.



Get Your Entry Today

www.themmr.org/EnduranceEvents



MMRF Team for Cures National Sponsors





ROAD BIKE ON THE SIDE

If you're working with a tri bike as your one and only ride, here are six reasons you might want to branch out. **BY BETHANY RUTLEDGE**

General versatility

For many years, I only had a tri bike, which I would take with me everywhere—even to the mountains. It wasn't until I got a road bike that I discovered what I was missing! A road bike is immensely more practical for anything where you're riding casually or technically, whether it be city riding, touring, in the mountains or using it strictly as transportation.

Dedicated trainer set-up

If you're riding frequently and mixing it up between indoor and outdoor riding, it can be a pain and time suck to constantly be setting up or taking down.

Give your body a break

Certainly it's important to log a lot of practice on your race bike and in your race position when you're close to competition. However, you can potentially ride more comfortably by giving your body a break through mixing up your steed.

Back-up bike

Whether your main rig is in the shop for routine maintenance or in transit for a race, it's frustrating when you don't have a bike to ride! Don't miss out on ride time because your bike is out of commission.

Ride with the pack

If you want to partake in group riding with

IN THE MARKET FOR A ROAD BIKE?

This electric blue BMC Teammachine SLR 02 is a great blend of style and versatility. **\$2,599**, Bmc-switzerland.com

roadies, it's safer, more fun (and less frowned upon) to have a road bike.

Ease of travel

If you've ever tried to break down your tri bike for travel, especially if it's a "superbike," you know the fewer things you have to remove or break down the better. When you have the option—such as when you're heading to a cycling training camp or a ride-specific vacation—a road bike is much easier to assemble on the other end of your flight.



BE A PART OF THE CAYUGA LAKE TRIATHLON

SAVE THE DATE!

08.07.16

Swim in a pristine lake,
bike through wine country,
and run through a gorge
below a waterfall three
stories higher than Niagara
Falls. Register today!

IthacaTriathlonClub.org

Cayuga Lake Triathlon

Sunday, August 7, 2016

Taughannock Falls State Park
Trumansburg, NY

Intermediate, Sprint and
Youth race distances

Local/Regional Travel
Info: VisitIthaca.com

Register Online at
cayugalaketriathlon.org

Presented By



Cayuga
Medical Center
at Ithaca



RUN WORKOUT— AFTER A RACE?

Tacking on an additional session post-race could have a strong effect on your endurance. **BY MACKENZIE LOBBY HAVEY**

LAST YEAR, OLYMPIAN GALEN RUPP MADE headlines for not only breaking the American record in an indoor 2-mile race, but for doing a workout promptly after setting that mark. While this appeared somewhat crazy to onlookers, it turns out that it's an approach used by a number of top endurance athletes. It's the type of workout that sounds intimidating upon first blush, but it may help you up the ante going into your next competitive season.

"The benefit and the physiology behind doing a workout after a race is that it allows a runner to put in a greater total volume of

work," explains Jeff Gaudette, owner and head coach at Runners-Connect. "When racing shorter distances—5K and below—the total volume of hard running is three miles or less, and for advanced runners, this is usually half of what they normally do on a hard day."

Put simply, when you log a workout after a race, you avoid having race day be a "down" day mileage wise. What's more, many coaches believe that post-race, our bodies may be more accepting of certain training stimuli.

"Immediately after a race, your body's hormones are in a state

that allows optimal absorption of training," Gaudette says.

Also, there is likely an added mental benefit to ramping up for a quick workout after a hard race. Instead of belying up to the breakfast bar for a donut and coffee after crossing the finish line, you're forced to refocus for another hard bout of running.

"It begins to push your mental limits regarding what you believe is possible and not possible with your body," Gaudette says.

He recommends only doing this type of training early to mid-season in order to avoid overtraining. For the same reason, post-race workouts should only be done after events that are 5 kilometers or less.

"Ideally you want to schedule a post-race workout that addresses your weakness or an energy system you haven't been targeting a lot already," he says. "For example, if you're naturally speedy and doing lots of 400- or 800-meter repeats, go with a tempo or progression run. Or if you're training for endurance or you lack speed, do some 200s, 400s or 800s."

Replicating longer race conditions, these workouts will force your body to perform on tired legs. By choosing a post-race workout that targets your shortcomings, you slowly nudge your body into a more balanced state of fitness. To be sure, if you've historically lacked a strong finishing kick, 200-meter repeats after a race can help with that. Similarly, for triathletes who feel they lack stamina at the end of long races, a tempo run or longer intervals after a 5K race can help boost performance over the long term.

Since these sessions will take a toll on your body, be sure to be purposeful about scheduling recovery in your training week. Proper rest following these race/workout days will ensure you fully absorb the fitness you hope to gain.

"You will need extra recovery after a race/workout effort like this," adds Gaudette. "Plan and schedule recovery as if it were a very hard workout needing at least one, if not two, rest or easy days before another hard session."

RACE+WORKOUT EXAMPLES:

- ▶ 5K race + 20-min tempo run
- ▶ 5K race + 8x200 meters
- ▶ 5K race + 4x800 meters





Give Great Gifts

To Cyclists...

Shoulder to Shoulder Enjoy the '60s at the apex of Jacques Anquetil stardom. **Fat Tire Flyer** Witness the crazy start of mountain biking in first-person stories and photos. **Rusch to Glory** Travel the world with Rebecca Rusch, adventurer and Queen of Pain. **Bike Mechanic** Jump into the team car and sneak into the workshops of Pro Tour wrenches.



To Triathletes...

Swim Speed Workouts Waterproof swim workouts to master the fastest way to swim. **FASTER** A rocket scientist takes a fascinating look at the physics and myths of triathlon. **Strength Training for Triathletes** Get strong fast with this simple, effective program. **Iron War** The pulse-pounding story of Mark Allen vs. Dave Scott at Kona.



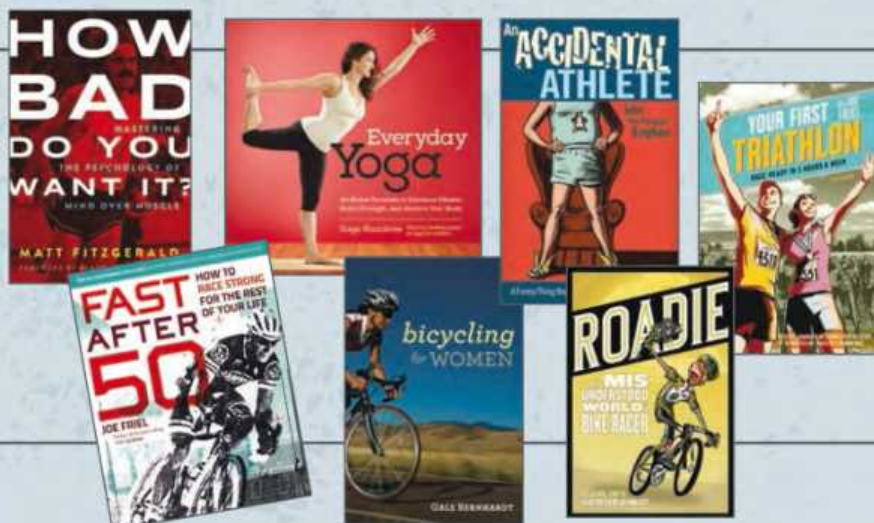
To Runners...

Believe Training Journal A journal and workbook so effective, you'll use it all year. **Trailhead** A fun and handy guide to off-road running packed with illustrations. **Quick Strength for Runners** Build a better body with this quick, no-gym program. **Run Like a Champion** Look inside a 2-time Olympian's habits to improve your season.



To Anyone...

How Bad Do You Want It? 12 thrilling races reveal fascinating tricks for mental toughness. **Everyday Yoga** Interesting new routines to keep your yoga fresh. **Fast After 50** Joe Friel's smart new guide for a lifetime of fast. **Bicycling for Women** She'll get a confident start in cycling with this practical guide. **Roadie** A hilarious guide to cycling for non-riders! **An Accidental Athlete** John "The Penguin" Bingham reveals the joys of running. **Your First Triathlon** Joe Friel's essential tips for a great first sprint or Olympic tri.



See all VeloPress gift books at velopress.com/gifts!

TIGHT RACE

We welcome the trend of functional tights with a colorful twist. Here are six of our favorite options for winter runs, yoga or just lounging around the house. **BY JENÉ SHAW**



ASICS GRAPHIC TIGHT

\$100, ASICSAMERICA.COM

These dark, all-over printed tights are great for logging miles on a run but are also subtle and stylish enough to travel in.

BETTY DESIGNS FLASH CAPRI

\$75, BETTYDESIGNS.COM

Go bold or go home with the Flash Capri, which is well suited for everything from a run to a stand-up paddleboard session to a group dance class.

BROOKS GREENLIGHT CAPRI SE

\$85, BROOKSRUNNING.COM

Not quite ready for a wild print? No problem! These capris are reversible and also available in gray and purple. The wide, flat waistband contains two credit card-sized pockets that can accommodate an iPhone 5.

PEARL IZUMI FLY THERMAL TIGHT

\$80, PEARLIZUMI.COM

If you're battling freezing temps and dark routes, Pearl Izumi's 360-degree reflectivity fabric is the ideal addition to your winter wardrobe. The material is lightly fleece-lined for warmth but still transfers moisture to keep you dry.

ASICS 7/8 GRAPHIC TIGHT

\$65, ASICSAMERICA.COM

A drawstring waist and fun graphics are the appeal of these contoured tights, which will fit long-legged women a few inches above the ankle.

2XU MID-RISE COMPRESSION TIGHT

\$110, 2XU.COM

One of our favorite compression items for during activity *and* for recovery, these lightweight tights support muscles in all the right places.

SPINeRVALS™

Powered by Troy Jacobson

The Original Indoor Cycling Workout Series for endurance athletes serious about improving their performance!

We have a full library of titles available on DVD and as downloads.

LEADER SINCE 1997



We're celebrating the release of Volume 50.0, and 17 Years as the leader in Indoor Cycling Workouts for Serious Athletes.

PURCHASE ONLINE AT SPINERVALS.COM



SPINeR, Spinning®, SpineR®, SpineRVALS®, and the Spinning® logo are registered trademarks of Mad Dogg Athletics, Inc.



Featured in Entrepreneur Magazine



Featured in Triathlon Retailer & Industry News



 **EnduranceHouse.**
OWN YOUR PASSION

Franchises now available for qualified candidates.
www.endurancehouse.com (443) 791.9700



RIDE TO RUN

Looking for a run improvement? The answer may be found on your bike. **BY MACKENZIE LOBBY HAVEY**

DELIGHTING BIKE-FAVORING TRIATHLETES everywhere, a new study published in the *Journal of Strength and Conditioning* demonstrates that doing a little high-intensity interval training on the bike can actually improve your running performance. The researchers discovered this after having a group of runners do 6x10 seconds of all-out bike intervals with somewhere between 30–80 seconds rest in between each. Concurrently, the athletes kept to their regular running routines.

After just six sessions of this protocol over two weeks, the

runners who did interval training on the bike improved their 3K times over the control group, who ran but didn't do interval training on the bike. What's more, the athletes who improved most were those who took the least amount of rest between those intervals, suggesting that hard intervals with brief rest is the best way to go.

Jared Berg, an exercise physiologist based in Boulder, Colo., suggests these findings were likely a result of the fact that interval training in any form can improve endurance perfor-

mance. "Long-distance runners have highly developed aerobic systems, meaning they are well trained to use oxygen to metabolize carbohydrates and fat to create energy," he says. "However, an endurance event is never completely aerobic—there is always anaerobic contribution, so the high-intensity interval training will enhance an athlete's anaerobic energy system, thus allowing for improvement in performance."

Indeed, whether you're running or biking intervals, developing that anaerobic system is important for triathletes training for everything from sprint-distance races to an Ironman. The benefit of doing some of your interval training on the bike is that you avoid the pounding that occurs during running intervals. For many, this may have the fringe benefit of having a protective effect against injuries associated with the high-impact nature of running.

◀ TRY IT

If you're interested in experimenting with this type of training, it is best to reduce training time and intensity running and swimming while increasing the number of HIIT sessions on the bike, thereby keeping overall volume steady.

Berg warns, however, not to underestimate the difficulty of these sessions. "HIIT workouts are designed to be very demanding. As with all exercise, consult your doctor to ensure that you are healthy and up for the task," he says.

He also advises to be sure to take in a carbohydrate and protein drink within 30 minutes of finishing these workouts in order to enhance recovery and bounce back for the next session. Particularly if you hope to execute more than one HIIT cycling session a week as they do in the study, you'll need to focus on the recovery process.



— **BE STRONGER
SWIM FASTER** —

Simon Whitfield (Can) Olympic Champion

FEATURES

- Rotational Bench
- Adjustable Resistance
- Smooth Resistance / Delay Proof Catch
- ANT+ Console with Full Data Display



SAVE \$50

by ordering online at
KayakPro.com using
promo code:

TRIATHLETE15

KAYAKPRO

KayakPro.com | (914) 310-5899



KAYAKPRO USA LLC OFFICIAL SUPPLIER OF
KAYAK AND CANOE SPEEDMETERS TO THE
2004, 2008 AND 2012 OLYMPIC GAMES

Gain a Competitive Advantage On and Off the Bike ***The Importance of Symmetry in Maximizing Your Performance***

RPM² is a wireless, remote monitoring, pressure sensing foot-bed device used for sports performance enhancement consisting of shoe inserts embedded with sensors and a microcontroller. These inserts provide data on an athlete's gait, range of motion, power, and pressure distribution, so deficiencies in bilateral movement can be corrected and optimized.

The Problem

Bilateral Deficiency - the difference between two sides of the body in terms of strength. If the problem is significant and goes uncorrected, it can lead to biomechanical imbalance, overuse injuries and muscle strains.

The goal is Bilateral Equivalency, where equal force, amount, or value (range of motion) is applied to limbs offering the same effect, capacity, and function. Symmetry, over training, and improper mechanics is why 7 of 10 endurance athletes sustain injuries each year.

The Solution

RPM² is designed for runners, cyclists and triathletes to measure bilateral equivalence, gait analysis, and cycling mechanics.

For cyclists, RPM² is the only footbed Cycling Power Meter in the world which measures both right and left leg power, as well as collective power and cadence. It also measures force while cycling, which can be viewed around the crank in 12 different positions. RPM² fits comfortably in your shoes and can be used on any bike, any time, anywhere.

For runners, RPM² is the only footbed Running Power Meter in the world that measures force and calibrates to the specific athlete. Without force, power cannot accurately be calculated. RPM² streams real-time power during a run and calculates force directly from the footbed, so nothing is inferred.

Hear From The Experts



Lesley Paterson is a two-time XTERRA World Champion, ITU Cross Triathlon World Champion, 70.3 Champion, and professional mountain biker.

"With their pioneering footbed system and simple to use mobile app, it's now possible to collect and analyze data in real-time on bilateral power, force and pressure during running and cycling at your fingertips. For the first time, I'm able to quantify precisely how coached changes in an athlete's form and technique are impacting critical elements of their efficiency and economy."



Dotsie Bausch is an Olympian and silver medalist from the London 2012 Olympic Games, a 7-time U.S. National Champion, former World Record Holder and a 2x Pan American gold medal winner.

"RPM² is revolutionizing the way we measure power in cycling. The footbed inserts are light weight, easy to use, precise and even provide left/right balance information, which no other power meter does on the market today. RPM² is ahead of the game in their vision for the future of where power meters are headed and the incredible low price sets RPM² even further ahead of their competition."

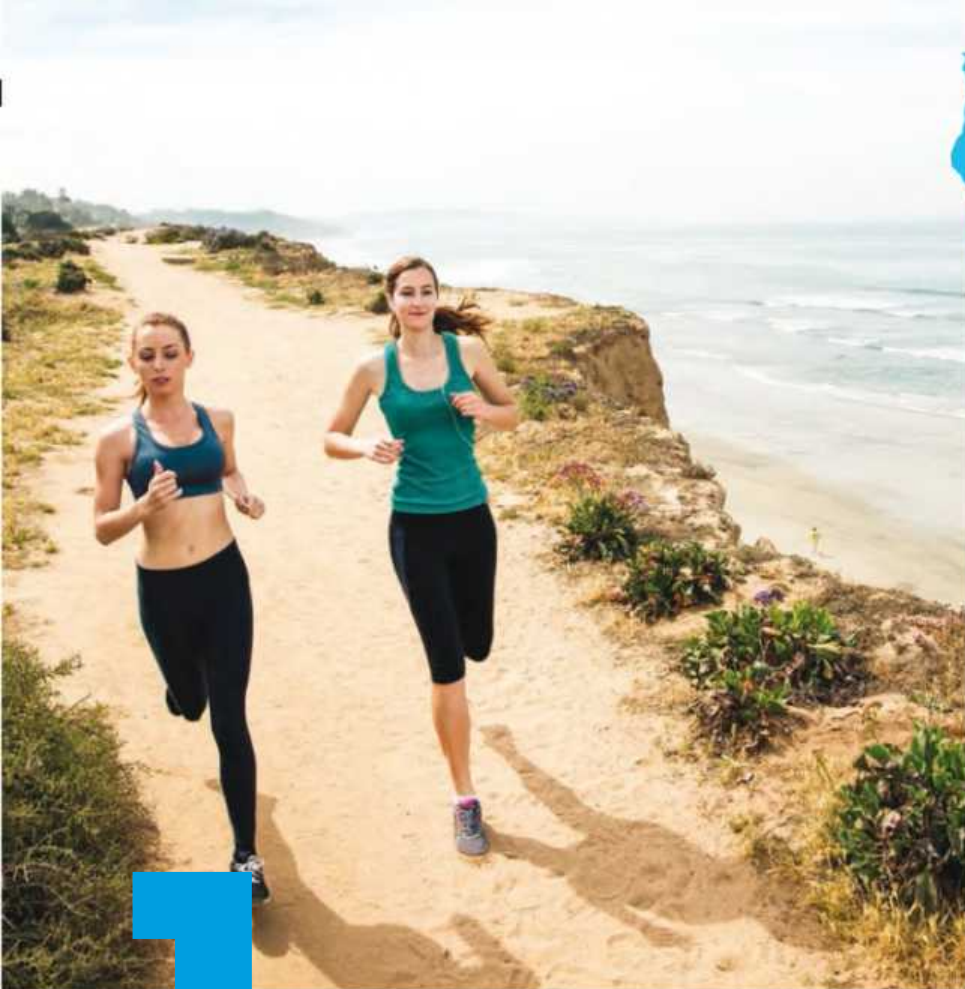
**THE ONLY FOOTBED POWER METER IN THE WORLD FOR BOTH
RUNNING & CYCLING THAT MEASURES FORCE & CALIBRATES
TO THE SPECIFIC ATHLETE** www.rpm2.com



Advertorial

BEST PLACES *to* LIVE ...FOR TRIATHLETES!

What makes a locale ideal for triathletes? As a starting point for uncovering the nation's best places to live for the swim-bike-run set, we asked readers across the country to weigh in with their picks. Then, the editors dug into research on the top vote getters to whittle our list down to 12 cities (listed in no particular order). What do these places all have in common? Of course they are home to some stellar swim, bike and run training venues and terrain. A vibrant multisport culture and community of fellow triathletes are two musts. What's the flavor of the local racing scene? We also looked at other variables like climate and cost of living for a reality check. Plus: Five dreamy international destinations for triathletes. **BY JENÉ SHAW**



T

SAN DIEGO CALIFORNIA

POPULATION: 1.3 MILLION



The birthplace of triathlon has remained one of the best places for triathletes to live: consistent 75-degree days for year-round training, hilly inland roads or flat coastal routes, multiple outdoor pools, plenty of local races and one of the nation's largest triathlon clubs. Considering *Triathlete* is based here, we may be partial to our surroundings, but the overall healthy lifestyle in Southern California makes for an abundance of triathlon opportunities.

TRAINING HIGHLIGHT: SWIM

If you can't make one Masters group, there's likely another one happening close by and it's probably outdoors—the University of California San Diego, Solana Beach Boys and Girls Club, Encinitas YMCA and the 50-meter outdoor pool at the Carlsbad [Alga Norte Aquatic Center](#) are a few of the best programs. La Jolla Cove is a popular spot for open-water swimming, but if the ocean intimidates you, there are a plethora of protected coves in Mission Bay.

DID YOU KNOW?

The Tri Club of San Diego is one of the nation's largest, with nearly 2,000 members, and the perks are awesome—workout options every day of the week, organized races free to members, a private annual viewing of the NBC broadcast of the Ironman World Championship, and all-star speakers such as Chrissie Wellington, Dave Scott and Mirinda Carfrae have headlined club meetings.

STANDOUT RACES

The early-season Ironman 70.3 California sells out every year; local races San Diego International Triathlon, Solana Beach Triathlon and [TriRock San Diego](#) (owned by *Triathlete* parent company, Competitor Group) all draw a mix of beginners and elites.

DON'T MOVE HERE IF...

The benefits of SoCal life don't outweigh the infamous "sunshine tax," which is the term used to describe the lower average income but higher cost of living. (In 2015, the median home sale price was \$505,000.)





2

BOULDER COLORADO

POPULATION: 103,166



You're shocked, we know! Along with San Diego, Boulder inevitably makes the cut as one of the best places for a triathlete to live. The best pro endurance athletes—and that also includes world-class runners and cyclists—base here because of the mix of open roads, mountains and altitude. It's small enough to feel homey, and offers distinct athlete perks like a strong coffee culture and a sophisticated culinary scene. Winters are fairly mild, and with the right gear you can ride outdoors under typically sunny skies year-round.



A LOCAL'S PERSPECTIVE

"Even on your recovery days, you are working harder than your competitors," says Kona-qualifying age-group athlete and bike fit specialist Ivan O'Gorman. "There are quiet farm roads to the east, big mountains to the west and amazing trail networks. Smart training at altitude is a big advantage. Being here in this environment just makes you faster—period."

3

TUCSON ARIZONA

POPULATION: 526,116



Sunshine an average of 350 days per year, 630 miles of striped bike paths, more than 300 miles of trails, a flourishing triathlon and running community, several endurance sport-specific retail shops and a long list of can't-miss restaurants that will make any foodie drool—Tucson is a triathlete's paradise. Plus, with an average house sale price at just over \$190,000, it's one of the most affordable cities on this list. Yes, temperatures can get up into the triple digits in July and August, but "during those months local athletes either get up earlier to train before the heat of the day or we retreat up [Mount Lemmon](#) to the cooler temps and shade of the pine trees," explains Amy Dillon, Tucson Tri Girls president.

STANDOUT RACES

The BolderBoulder 10K on Memorial Day attracts more than 55,000 people because of its festive feel. Long-standing (now Life Time-owned) Boulder Peak is a popular Olympic distance, and 70.3 Boulder and [Ironman Boulder](#) attract out-of-towners. Smaller race organizers Racing Underground put on a quality local race series; during the summers at the Boulder Reservoir there's a Stroke and Stride event every Thursday to practice open-water swimming.

DON'T MOVE HERE IF...

You're intimidated by constant pro sightings or won't settle for anything but an endless summer atmosphere. And, like many others on this list, it's not the most affordable place to live.

NILS NILSEN / IRONMAN

STANDOUT RACES

In 2016 the Sahuarita Triathlon—held in May about 15 miles South of Tucson—will expand to a two-day event and include both sprint and Olympic distances. The Finis Triathlon at Patagonia Lake is held in late October and, according to Dillon, has earned a reputation as “the toughest Olympic and sprint in the state.” There are also several beginner-friendly triathlons—like the Oro Valley Sprint Triathlon Series—that utilize pools for the swim.

DON'T MOVE HERE IF...

Hometown long-distance races are important to you. The lack of lakes in the area means that you'll have to travel about 100 miles to Tempe, Ariz., for the closest half-iron (a 70.3 in October) and iron-distance (an Ironman in November) opportunities.



DID YOU KNOW?

Tucson is surrounded by five mountain ranges—the Rincon Mountains, Tucson Mountains, Santa Catalina Mountains, Santa Rita Mountains and Tortolita Mountains—that contain several state and national parks, making for plentiful opportunities to ride and run among some stunning alpine scenery.



4 AUSTIN

TEXAS

POPULATION: 885,400



If you're looking for a mix of funky city with a welcoming triathlon culture, there's no better place than Austin to plant your roots. The triathlon shops and race series thrive in this area as much as the live music scene does, and you'll never have trouble finding a triathlon club to join—there are more than 10 in the area. Mellow Johnny's is one of the most community-minded bike shops in the country—the shop hosts group rides most days of the week and has an awesome café and apparel selection. Unique open-water opportunities abound, including Quarry Lake, which is the location of Pure Austin's Splash-n-Dash series held every Tuesday of the month from April to September.

TRAINING HIGHLIGHT: RUN

Whether you want to stay in the city or feel like you're not in it, Austin has wonderful trail options. Go for a 3- or 10-mile run around Lady Bird Lake, run by waterfalls on the Barton Creek Greenbelt Trail or get away from the city and head to the shady and quiet Shoal Creek.

STANDOUT RACES

Local races offer something for triathletes of all levels, including the newbie-friendly Rookie Tri (300-meter swim, 11-mile bike, 2-mile run) the team-focused Couples Triathlon, the [TriRock sprint or Olympic distance](#) or the late-season Ironman 70.3 Austin.

DON'T MOVE HERE IF...

You can't hack it during a hot and humid summer. Temperatures are often north of 100 degrees in the summer and early fall.

5

BEND

OREGON

POPULATION: 81,236



Just try visiting Bend without wanting to move there. The peaceful and abundantly green locale is a triathlete's dream for most of the year (winters can get rough), which is why you'll find pros Jesse Thomas, Matt Lieto, Linsey Corbin and Heather Jackson taking advantage of the area's trails, mountainous climbs with barely any traffic, craft beer and farm-to-table restaurants. At more than 3,600 feet, Bend is known as "high desert," which means there's no shortage of sunshine, even when temps get cool. It can rival (if not trump) the epic scenery and idyllic training grounds of San Diego and Boulder, but is smaller and much more affordable.

DON'T MOVE HERE IF...

You travel often (flights out of Bend are rarely direct without a connection) or you want to train all year without a snow interruption.



LOCAL'S PERSPECTIVE

What draws people to Bend is cycling and running in the summertime, says pro triathlete Matt Lieto, who has lived in Bend for 12 years. "We have a lot of great three-, four-, five-hour loops that are all super picturesque. I moved here because it's a place that has seasons, so it forces me to take a break. Bend is also a place for people who want to do other things, like cyclocross, mountain biking and Nordic skiing."



6

CLEARWATER

FLORIDA

POPULATION: 109,703



If stumbling out of bed and onto some of the most beautiful beaches in the world is a priority for you—and we'd guess your family—then Clearwater is worth a look. On top of its renowned white sand beaches, the smallish city features several top-notch lap pools and paths for biking and hiking, as well as the Cleveland Street Retail and Entertainment District to keep you well fed and entertained. With St. Petersburg (home to the 3,000-member St. Pete Mad Dogs Triathlon Club) and Tampa (the location of Ironman headquarters) a short drive away, alternate training options, job possibilities and travel opportunities are easily accessible.

DID YOU KNOW?

Clearwater played host to the first Ironman 70.3 World Championship in 2006. It continued to hold the event until 2011, when the race moved to Henderson, Nev., for three years and then started to annually rotate around the world.

STANDOUT RACES

In addition to the beginner-friendly [TriRock Triathlon Series Clearwater race](#) (taking place in early November), there are several well-known races nearby. Most notable is the St. Anthony's Triathlon, located in St. Petersburg, which is known as being among both the oldest and largest triathlons in the country.

DON'T MOVE HERE IF...

You can't handle humidity! The year-round warmth comes with a hefty side of humidity that can be tough to handle when temperatures reach the 90s during the summer months.



PETE ALPOT/MSIT BEND; CLEARWATER CVB



7

MAUI HAWAII

POPULATION: 163,019



The second largest of the Hawaiian islands, Maui is home to a vibrant community of triathletes who train year-round in a postcard-perfect setting—think clear, crystal blue ocean swims among coral reefs teeming with colorful fish and *honu* (Hawaiian for turtles), and winding rides and runs set against a lush rainforest setting with sweeping coastal views.

TRAINING HIGHLIGHT: SWIM

You won't lack motivation—or willing training partners—when diving in here. Informal open-water swims take place every Sunday morning, meeting at 8:15 at [South Makena Beach Park](#) fronting the Maui Prince Hotel. The Kihei Aquatic Center, home to the Kihei Valley Isle Masters Swimmers program, has an eight-lane 50-meter pool and a 25-yard pool. The Maui Masters Swim Club also organizes a number of workouts and swim programs, including a triathlon swim clinic.

STANDOUT RACES

The XTERRA international off-road triathlon series culminates each October with the world championship race, which takes place in Kapalua, on the southwest side of the island. (Who wouldn't want to take on a triathlon challenge described as “a tropical roller coaster ride through pineapple fields and forest”?) The South Maui Triathlon in May is an Olympic-distance race in Wailea.



TRAINING HIGHLIGHT: BIKE

Three popular routes with variations make for unforgettable island riding: The [Haleakala crater](#) ride is 36 miles with 10,000 feet of climbing that starts in Paia at the intersection of Hana Highway and Baldwin; [Road to Hana](#) is a narrow, winding road that starts in South Maui or Twin Falls in Paia (the entire loop is 115 miles); and the West Maui Circle is a 60-mile ride marked by a steep climb.

DON'T MOVE HERE IF...

You melt in the heat and humidity. Maui is characterized by microclimates that yield varying humidity, wind and rain at different elevations, but daytime temperatures average between 75 and 90 degrees much of the year, and the island sees consistently humid conditions.





8

SAN FRANCISCO CALIFORNIA

POPULATION: 837,442



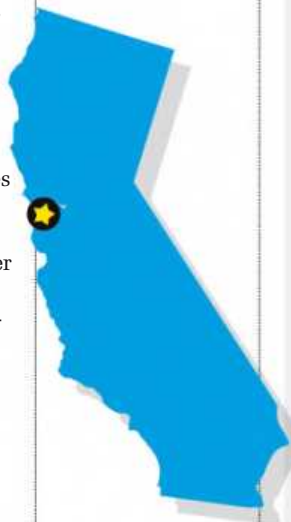
There are fewer more expensive places to live in the U.S., but if you can stomach the housing costs, San Francisco has incredible training grounds and some of the nation's best food and drink options to fuel your lifestyle. Within the city, which is a small area (49 square miles), you can train within national parks—Golden Gate Park is 7.5 miles around and contains a loop for cycling and a huge trail system to go off-road or run. The Headlands have hills for repeats, and Highway 1 rolls along the coast for hundreds of miles. Most people ride over the bridge (and through the tourists) to get to Marin County, and once you're there, the riding and trail running is sublime. There's a healthy mix of public and private pools, and if cold-water swimming is your thing, the nutty local swim clubs go into Aquatic Park year-round without wetsuits (it gets in the low 50s!).

STANDOUT RACES

Escape From Alcatraz is a bucket-list race for most triathletes and showcases the city in an exclusive and spectacular way. The whole experience, from chilly water jump-in to the sand ladder run, is like no other. Races in Santa Cruz are drivable, like the local Olympic-distance race in September. It's a surf-entry swim around the harbor with seals barking at you, and the run course hugs the coast and offers the potential to watch whales breaching.

DON'T MOVE HERE IF...

Your income is far south of six figures.



TRAINING HIGHLIGHT: BIKE

There are some can't-miss bakery stops within rides in Marin County. Bovine Bakery in Point Reyes Station is a popular halfway destination because it's 40 miles outside the city, so cyclists earn their massive muffin.



9

SEATTLE WASHINGTON

POPULATION: 652,405



Sure, it rains a decent amount in the Pacific Northwest, but if you can adapt to it (like most local triathletes have), Seattle is a multisport gem. The city is progressive in improving its bike friendliness, with protected bike lanes popping up in popular areas and massive initiatives in the pipeline to improve cycling access. Within the city, you can find a difficult and scenic running route through Discovery Park, which has more than 9 miles of trails. And if you like good coffee, you've come to the right place.



STANDOUT RACES

In addition to the nearby Ironman 70.3 Lake Stevens and sprint and Olympic race Seafair Triathlon, Seattle also offers cool single-sport events that triathletes will love, like the Fat Salmon 3.2-mile open-water race in July, where winners take home an actual salmon, or the multiple options for trail running races, like the Evergreen Trail Series and Northwest Trail Runs.

DON'T MOVE HERE IF...

Your motivation directly correlates to the amount of sunshine.

DID YOU KNOW?

Endurance sports-focused companies like Brooks Running, Oiselle, Bluseventy and Nuun are headquartered here.

SCOTT DRAPER



10

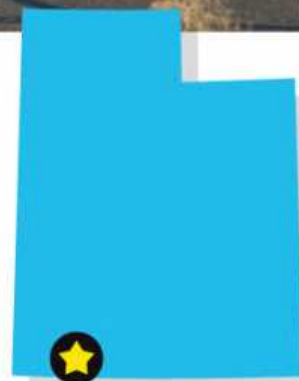
ST. GEORGE

UTAH

POPULATION: 76,817



With the smallest population on the list and a median house cost of \$214,000, St. George is an affordable spot to be a triathlete. The area suits those who are seeking quiet roads and the simplicity of a small-town feel, but who also get excited about easy access to parks—the magnificent Zion National Park is less than an hour away. There are red-rock trails for running, epic climbs for riding and Utah's largest aquatic center is right in town. Summers are hot and dry and winters are generally mild for year-round training. Pro triathletes Heather and Trevor Wurtele have spent a good deal of time training in St. George, and, compared to San Diego where they have lived in the last year, they appreciate the lack of traffic and stoplights in the area.



STANDOUT RACES

[Ironman 70.3 St. George](#) shows off the region and its signature red rocks over the course of one of the toughest half-Ironmans on the circuit. If it says anything about how hard riding and running on that landscape can be, there used to be an Ironman here but it got cancelled—DNF's and course difficulty seemed to scare people off!

DON'T MOVE HERE IF...

You thrive in a bustling, always buzzing city. Small-town appeal is what draws most residents here.



11

WILMINGTON NORTH CAROLINA

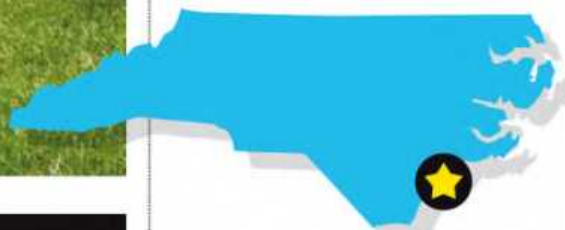
POPULATION: 112,067



With a busy local race scene, beautiful beaches and mild enough winters to train through, Wilmington is a very livable place for triathletes, especially for those with families. A factor that *could* bump Wilmington to the top of our list is the potential of TriHabitat, the first all-inclusive “Disneyland for triathletes.” It’s still in its funding phase, but the plans include everything a multisport athlete would want for a training and racing destination: smooth, perfect roads on an enclosed bike course, the perfect temperature and water quality-controlled lake, permanent transition area, the potential for nighttime races and much more. Wilmington also has a solid string of triathlete-friendly stores (Bike Cycles, TrySports, Toad Hollow Athletics) and local triathlon clubs, and the University of North Carolina Wilmington has a Masters swim and triathlon team. The [Gary Shell Cross-City Trail](#) is a new, 15-mile off-road, multi-use trail for running or cycling. There’s also a charming historic downtown area and an active waterfront with plenty of bars and restaurants.

OFF-SEASON APPEAL

Value your varied off-season pursuits just as much as your PR goals? The Intracoastal Waterway is a popular spot to kayak, canoe, waterski or kneeboard.



STANDOUT RACES

Known best for its half and full iron-distance race [Beach2Battleship](#), Wilmington-based Set Up Events hosts an impressively full calendar of events in the area from March through October.

DON'T MOVE HERE IF...

You’re looking for outstanding, hilly riding routes—the area is flat, and roads can be busy. Further inland, near towns like Asheville or Boone, you’ll find better access to mountainous riding.



CITY OF WILMINGTON

Life Abroad

For those who can base themselves internationally—or for those who just want to dream about it—these are our five picks for the best places to live and train across the globe.



Girona, Spain

The northeast corner of Spain has long been a destination for pro cyclists to train, but 2015 Ironman world champion Jan Frodeno also took note of its long stretches of dirt roads for running, easy access to pools and its coffee and food scene when choosing to live and train there. Pros Jodie Swallow and James Cunnama appreciated its vibe and training offerings and joined Frodeno there in the middle of 2015 as well.

Noosa, Australia

Pros Beth Gerdes and Luke McKenzie call this beachy, Queensland, Australia, locale home for half of the year (the other half is spent in San Diego), and three-time Ironman world champion Mirinda Carfrae says it's one of her favorite places to train. "The weather is great year-round and it never gets that cold," Carfrae says. "There are group beach swims every Sunday, a good triathlon community, great swim programs with 25- and 50-meter pools open year-round. And it's got a small-town feel."



Wanaka, New Zealand



A healthy handful of pros—including Kiwi ITU athlete Andrea Hewitt, and Olympic medalists Javier Gomez and Jonathan and Alistair Brownlee—have named this lake town as their residence at one point. Challenge Family's director of global marketing, Victoria Murray-Orr, has a minor bias considering Challenge's Lake Wanaka race, but the local says the area is perfect for triathletes: "Stunning scenery, the freshest air, long warm summers, endless tracks and trails, quiet roads, hills, flats, great cafés serving the best coffee,

choice of gyms, a 25-meter pool, a pristine lake, high-altitude training facilities and great Kiwi hospitality." Plus, the Queenstown International Airport is just an hour away.

Stellenbosch, South Africa

Parallels have often been drawn between Stellenbosch and Boulder because of the training setting and culture balance. Both are small towns only 30 minutes away from major cities (Cape Town and Denver), both have a thriving food and café scene, and there's a wide variety of riding and running options—long, sustained climbs or rolling and flat. "I think it packs a punch," says former XTERRA pro (and part-time resident of both) Dan Hugo. "It is still South African so there's a little more risk involved, but the cost of living is amazing, and so is the food and wine. You can live and train there year-round."



St. Moritz, Switzerland

Coach Brett Sutton has a knack for finding isolated, tough locations for his team of athletes to train in, and St. Moritz is no exception. Sitting at nearly 6,000 feet, it's got altitude, legit mountains to climb in Switzerland and nearby Italy, a beautiful track, trails all over and a gorgeous new 25-meter pool. Ironman world champion Daniela Ryf has spent a good chunk of time in the mountain town in the last few years.



12 CHATTANOOGA TENNESSEE

POPULATION: 173,366

The outdoor adventure-friendly city with Southern charm will be the host of the Ironman 70.3 World Championship in 2017, and it's also one of the best places for an active, adventurous person to make home. Off-road junkies will appreciate the hundreds of miles of singletrack for mountain biking and trail running, and outdoor enthusiasts can find easy access to rock climbing and hang gliding. There are regular open-water swims with the COWS (Chattanooga Open Water Swimmers) during the week, and the Riverwalk, which parallels the Tennessee River, is the perfect long run spot. With eclectic neighborhoods filled with cafés, yoga studios, small boutiques and an arts district, Chattanooga has a lot of character. It also sits right in the middle of Atlanta and Nashville—both are about two hours away—so weekend trips for a city fix are easy.

DID YOU KNOW?

Kids will love the waterfront, top-rated Tennessee Aquarium, which has the world's largest gathering of freshwater species.

STANDOUT RACES

All within Chattanooga, you can do an Olympic (Chattanooga Waterfront Triathlon in July) up to an Ironman, which features a downstream swim, in September. If you're looking for a standalone road race, the popular Chattanooga Chase 8K has been around for nearly 50 years.

DON'T MOVE HERE IF...

You're happiest in a bigger city or on the coast. It's a hard spot to argue against! ■

TRIATHLETE'S FAVORITE FUEL, *delivered to your door.*

FREE RACE BELT

to the first
50 people!



Stock up your nutrition drawer with *Triathlete* editors' taste-tested picks for pre-, during and post-workout fuel.

→ ORDER AT [TRIATHLETE.COM/THEFEED](https://www.triathlete.com/thefeed) ←



2016 *GEAR WE'RE EXCITED ABOUT*

We glimpsed the future of all things cycling at the annual Interbike tradeshow and bring you our round-up of the gear and tech you'll also be coveting this year.

BY DILLON HOLLINGER

A composite image featuring a red background on the left with a close-up of a bicycle handlebar and shift lever. The right side shows a close-up of a bicycle's drivetrain, including the crankset, chain, and rear cassette. The crankset has 'SRAM' and 'S-WORKS' branding. The rear cassette has 'SRAM' and 'RED' branding. The chain is silver. The background is a mix of red and white geometric shapes.

SRAM Red eTap

SRAM's new electronic shift system stole the show as the most talked-about product at Interbike. While not yet completely wireless for time-trial bikes (a "BlipBox," which holds the electronics, is required), eTap represents a leap forward in electronic shifting and will be a game-changer for triathlon and time-trial bikes. Riders have the ability to place the shifters (or "Blips") anywhere on the bike, and manufacturers are freed up to design bikes without the need for cables. The product—available in spring 2016—comes in two different packages: \$1,580 for a wireless upgrade or \$2,835 for a complete group including all of the necessary mechanical parts. In comparison to a Dura-Ace Di2 upgrade, Red eTap is nearly \$500 less expensive and 135 grams lighter. *Sram.com*



SPEEDPLAY Zero Aero

Developed in conjunction with the new Aero Walkable Cleat, the Zero Aero is a worthy upgrade for riders looking to squeeze out every last second of aerodynamic efficiency from their equipment. The Speedplay Aero slices through the wind and reaps the benefits of Speedplay's system: micro-adjustable or fixed float, independent adjustment axis, a very low stack height and unmatched cornering clearance. The one caveat of the Aero model is the lack of dual-sided entry, so some may choose the Zero Aero as a race day-only pedal. The Zero Aero comes in two different spindle models: stainless steel (\$275) and titanium (\$399). *Speedplay.com*

VITTORIA tires

Vittoria's new Graphene compound is generating considerable buzz. Graphene is a special type of carbon fiber that's both harder than a diamond and stronger than steel, and Vittoria is using a type called G+. Compared to the company's ISOgrip technology, which was featured on most tires prior to the 2016 line, G+ cuts rolling resistance by 12 percent and drastically increases the puncture resistance of the tires. G+ has been implemented throughout Vittoria's line, from the time trial-specific Corsa Speed (\$90) to the high-mileage Rubino trainer (\$32). *Vittoria.com*



NEW GPS computers

In a space that has historically been ruled by Garmin, smaller brands Lezyne and Wahoo are getting some attention for their GPS offerings. Lezyne's top-tier device, the Super GPS (\$200, Lezyne.com), not only delivers basic metrics via ANT+ and Bluetooth (power, cadence and speed), but also can connect to a smartphone. With this connectivity comes the ability to display incoming calls, texts and email messages.

Wahoo Fitness introduced the Element, a new device in the same realm as Lezyne's Super GPS. It features both ANT+ and Bluetooth connectivity for phone calls and messages, and is configured entirely through a smartphone app, which makes set-up and customization a breeze. The Element also houses LED lights surrounding its bezel that light up for left or right turns when using navigation, or notify the rider when he or she exceeds a target heart rate. At \$330 (Wahoofitness.com), the Wahoo Element is a multifunctional, powerful device.



SOLOS Smart Glasses

Kopin, one of the companies leading the way in wearable technology, has created cycling-specific smart sunglasses, Solos. The display, which measures only 4mm in height, casts a 5-inch virtual screen, which shows real-time data like heart rate and speed via an ANT+ or Bluetooth connection. The Solos also connects to a smartphone, providing alerts for incoming calls and messages. With the use of voice extraction technology, the glasses can receive voice commands to control the display settings, and with its near-ear speaker system, the glasses can provide performance cues that are audible despite the noise of the road and wind. The price and release date have not been announced. Solos-wearables.com

POWERTAP P1 Pedals

While power meters have been around for years, many athletes have been seeking a single power meter for training and racing use on both a road and time-trial bike. The first device to truly deliver this is PowerTap's new P1 pedal system. The pedals can be mounted on any crank, and they do not require calibration or installation angle setting, allowing an easy swap between bikes. They also feature both Bluetooth and ANT+ to connect to any device, provide left and right power balance data, and house a AAA battery for easy replacement. With a retail price of \$1,200, the P1 system is a smart option for riders wanting power on multiple bikes. *Powertap.com*



GIRO Silo Compostable Helmet

Ever wondered what happens to your helmet after you toss it in the trash? The EPA foam in conventional helmets can take thousands of years to decompose, but using a new plant-based foam technology known as E-PLA, Giro has created the first compostable cycling helmet. The foam interior is totally compostable, and the plastic shell is recyclable. While the Silo (\$50) may just be a commuter helmet, Giro hopes to completely phase out EPA and employ the new foam in its entire lineup. *Giro.com*



QUARQ Race Intelligence

While the hype surrounding the SRAM booth may have centered on eTap, Quarq also launched an interesting new athlete tracking technology known as Quarq Race Intelligence. It involves two components: the Collector device and QuarqRace software. The Collector can be installed on a bike, placed in a jersey pocket or attached to a race belt, and it connects to various devices via ANT+ and Bluetooth. The data output from the Collector is presented via the QuarqRace software, which provides real-time tracking, biometric data, time gaps and race leaderboards. This technology, which all pro athletes were required to use at the Ironman World Championship (pictured at left), can provide spectators with a more accurate, detailed and insightful picture as the race action is unfolding. *Quarq.com*





VISION'S aero offerings

With a 20-year history in triathlon, Vision has a proven track record for creating quality aerodynamic components, including stems, cranks, aerobars, brakes and wheels. From the new Metron TT Crankset (\$800) that the company claims is 7.5 percent faster than its predecessor, to the Metron Aero Stem (\$300) that has 18 percent less drag than any of the company's other stems, Vision has created a lineup of aerodynamic products that can help you save precious seconds. Along with components, Vision's arsenal of aero wheels includes the Metron 81 clincher wheelset (\$2,600), Metron Disc (\$1,500) and Metron 3-Spoke (\$1,100 per wheel). Visiontechusa.com

GARMIN Varia Smart Lights and Radar

Each year, more than 700 riders are killed from car-related accidents, with 40 percent of these crashes happening when a rider is struck from behind. With this in mind, Garmin has developed two products to help riders and cars interact more safely: the Varia Radar and Smart Lights. The Varia Rearview Radar (\$200) detects cars from up to 150 yards away, and when detected, increases the intensity of the taillight and sends an alert via an Edge computer to the rider. The rear operates in solid and flashing modes, and it gets brighter when braking is detected. It also features turn signals controlled via an Edge computer or a Varia Remote. The front Varia Smart Light works by projecting light at various distances on the road ahead, depending on rider speed. The lights are available as a bundle for \$300. Garmin.com



Meet three age-groupers who, after hitting rock bottom in their individual battles with alcoholism, PTSD and anxiety, used triathlon to bring themselves back to health and happiness.

BACK FROM THE

BRINK

BY BETHANY LEACH MAVIS

OVERCOMING ALCOHOLISM



SOUTHERN CALIFORNIA NATIVE ROCHELLE

Moncourtois woke up one day with a ferocious hangover after another night of heavy, blackout drinking. She was 26 years old, and her battle with alcohol, which had started seven years prior, had left her with multiple DUI's on her record and a 30-day (unsuccessful) rehab stint.

Since graduating high school, she had lost her purpose—she'd stopped dancing, a passion she'd had since age 3. In between binges, she'd managed to become an aesthetician, run half and full marathons and get her personal training certification. But none of that took her away from alcohol—until that day in 2011.

"I woke up and realized I didn't remember anything from the night before and that I couldn't carry on like that anymore," she recalls. "I really wanted my life to change. I didn't like the person I had become. ... I went into my backyard, threw a bottle of wine and I told myself I was going to make a change that day."

Moncourtois emphasizes that she didn't grow up in a broken, dysfunctional home, as many people assume when they hear about her drinking—she had loving and supportive parents who navigated the battle with her. It was the stresses of competitive dancing that drove her to alcohol: "I felt a lot of pressure to look a certain way, for dance specifically," she says. "Because of all the pressure, I started to fall into a major depression, and I actually became bulimic through all of it. Then I turned to the alcohol—it was my way to escape from all those pressures."

Her parents and friends started to notice a change in her. She lost interest in dance,

started lying and became manipulative. She was ticketed with DUI's twice and voluntarily underwent her first 30-day rehab program, in Hollywood. "I was just going through the motions to kind of please everyone else around me," she says, "but I knew that wasn't really the end of my drinking." She stayed sober for about five months before falling back into her old habit, at which point she blacked out pretty much every time she drank.

It was after that return to drinking that she decided to make a lasting change and check herself into another rehab program, this time going into it "full force with the goal to get sober and change my life."

In 2008, in the middle of her battle with alcohol, she had become friends with her spin class instructor, Kim Melvin, who was the person who encouraged her to start running in her early 20s. Moncourtois watched her friend complete an Ironman, and even though she was still drinking heavily, it became a dream of hers to one day finish an Ironman as well. In fact, during her second rehab stint, she named it as one of her post-rehab goals and registered for the race the day she got home. She started her seven months of triathlon training when she was 90 days sober.

With Melvin's help as a training partner, Moncourtois crossed the finish line of the iron-distance 2012 Full Vineman in Sonoma County, Calif., in 14:25:12. "I never wanted to touch alcohol again after I crossed that finish line," she says. "I know what a lot of people experience, they say [an Ironman finish] is life-changing. But for me, it saved my life. I wasn't even a year sober yet, so if I didn't have Ironman, I don't even know if I would have made it through that first year."

Now 30 years old, Moncourtois works as a personal trainer and fitness instructor and is getting married in 2016. She's in the final stages of publishing a book about her life journey with the goal of helping others who've faced similar struggles. She'll be racing Ironman 70.3 St. George this year, and down the road, after she has kids, she'd like to complete another Ironman. "I want to do another Ironman to show my kids what you're capable of," she says. "I want them to know that anything is possible and for them to see what changed my life, and to show other women out there you can still achieve your goals and dreams after having kids."

PARALYZED BY ANXIETY

DURING HIS SENIOR YEAR OF COLLEGE, Kyle Halloran's life came to an abrupt halt. He started having panic attacks; due to claustrophobia, he had to sit near the door in class so he could make a quick getaway; he consumed a mostly liquid diet because he feared he would choke; he could run only a half mile from his house before turning around—he was afraid of passing out and hurting himself. His anxiety had become all-consuming.

The lowest point came one night when he was driving the hour from his parents' home back to college in Fairfield, Conn., and, 20 minutes into the drive, he pulled over. He worried that he'd have a panic attack and pass out while driving with no one there to help him. He worked himself up so much that his limbs went numb, and he had to call his parents to pick him up. "That was when I realized it went from an inconvenience to a serious problem," Halloran says. He was 21 at the time, a few months from graduating from college, and he couldn't drive by himself at night. "I just completely broke down and started crying," he recalls. "I figured if I couldn't do something that simple, how was I ever going to hold down a job? How was I ever going to live on my own?"

Growing up, Halloran's dad lovingly nicknamed him "the worrier," but by the time he started college, he had pretty much phased out his anxiety. Halloran can't pinpoint one exact moment at which things started to go downhill during his senior year, but it was mainly a sense of pressure that he didn't have a career plan to use his psychology degree. "All my friends had internships lined up and they knew where they were going to be working," he says, "and it dawned on me that I wasn't necessarily sure of what I wanted to do."

He "dragged" his way through his last semester of college as his anxiety grew worse, graduated and moved home—with no job prospects and little hope of making it on his own.

Then one day, Halloran and his dad found themselves in a traffic jam on the way into town in Litchfield, Conn. Up the road were people in spandex, riding their bikes in the pouring rain. "Are they nuts?" Halloran asked his dad.

"No, they're triathletes," his dad replied. They were racing the Sandy Beach Triathlon, and his dad suggested they train for that race the next year.

Halloran, surprisingly, agreed. "I realized that I had scared myself out of doing basic things and I wasn't really living my life," he says. "As I went through what [a triathlon] was going to entail, every piece of it was absolutely terrifying to me. ... But [I figured] if I don't do this, I'm not going to live a regular life. Things aren't going to get better. I would almost rather do this and die trying rather than continue living this life that's deteriorating day by day."

And while the training didn't immediately make things easier, he did find that the structure of triathlon training helped him to control his irrational thoughts for longer and longer. The more workouts he did, the more confident he felt, and the more he knew he was getting his life back on track.

He finished the Sandy Beach Triathlon—and has gone on to win it twice, setting a new course record. He's also competed in more than 50 other triathlons since. Now 27 years old, he's married, has a daughter and teaches psychology and writing at Forman School, a boarding school specifically for students with learning difficulties. "Much of my journey post-anxiety has revolved around working with these students and sharing insights on gaining confidence—through exercise—that translates to the classroom," he says.

Halloran credits his family—his parents, his wife and his daughter—with keeping him motivated in the sport. "I know that [triathlon] makes me the best version of myself for them—in order to be a happy dad and in order to be a supportive husband," he says, "but also hopefully to send the right message to my daughter. ... I just really want her to know that there's really nothing you can't work through—there's nothing in life that should ever put the brakes on your life."



A SERGEANT IN THE U.S. ARMY, PUERTO

Rico native Norberto Roman retired from his military career earlier than expected when a fellow soldier caught him attempting to take his life in May 2005. It was during Roman's second tour of duty in Iraq, and he was battling PTSD after a rocket launcher exploded 25 meters from where he was. He was sent home to Clarksville, Tenn., to undergo PTSD treatment. He was also dealing with lung issues, which the military assumed was asthma, and retired him with a disability.

Roman underwent four years of intense PTSD treatment. "From the heat bringing back flashbacks to loud sounds—it was four years thinking that I was still there," he says. They were tough years, especially for his wife and two sons, as Roman dealt with anger issues and his worsening lung condition.

In 2008, Roman decided to see a pulmonologist, who was already doing some testing on soldiers with lung issues after deployments to Iraq. After an assessment and some testing, the doctor told him that he believed Roman had a chronic lung disease but needed to do a biopsy to confirm. It took several months of debating, but Roman decided he had to have answers. "It wasn't about my health; it was about my mental peace," he says.

Based on the treatment the doctor had already done with other soldiers, he believed Roman had either constrictive bronchiolitis or pulmonitis, which had been caused by exposure to sulfur fires, burn pits and human waste in Iraq. After the results of the biopsy came back, Roman was informed he was the doctor's first patient to have both conditions, limiting Roman to 60 percent of his lung capacity.

"He told me it would be difficult for me to run more than 2 miles because the condition in my lungs would require me to either use my inhaler or take a break," Roman says. The news was hard for him to hear, and he fell into a depression. He gained weight—went up from 172 to 210 pounds—which led to sleep apnea and using a C-Pap machine. His doctor warned him that if he stayed overweight, it would worsen his lung condition and make him a candidate for a lung transplant down the road.

In addition to his doctor's warning, Roman's family was also an impetus behind his start in endurance sports. He reached a turning point when his son said, "Daddy, you're our hero."

"I hugged him and when he left I actually felt bad and I started crying because I didn't see myself as a hero," Roman says. "Here I am feeling miserable and depressed and hopeless and on the bottom, and then here comes my little one hugging me and saying he thinks that I'm his hero, so what's wrong? ... I didn't want for [my sons] to see me like that."

WOUNDED AND BATTLING PTSD

Because the doctor had told him 2 miles would be tough, he thought he'd defy the odds by running a 5K, or 3.1 miles, in 2012. He then stepped up to a 10K followed by a half-marathon and marathon in 2013. Along the way, he overhauled his diet and dropped back down to 172 pounds.

In 2014, Roman's motivation to race had shifted—it was no longer about beating the odds, losing weight and challenging himself. His goal had become wanting to inspire other veterans. "It's my time now to pay it forward," he says. He uses social media as a tool to inspire others. "Every time I post something about an accomplishment that I did or a finish line that I crossed, I see so many people inspired by it."

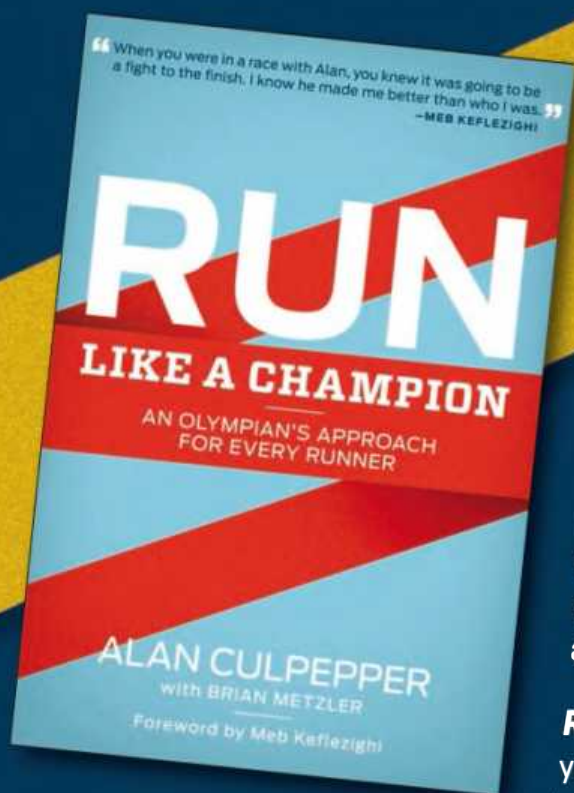
In 2014, he competed in his first sprint and Olympic triathlons, followed by his first half-Ironman, Ironman 70.3 Augusta in 2015. In 2015, he also started a Facebook campaign called Rescue 22 (Rescue22.org), in reference to the 22-plus U.S. veterans who commit suicide every day. "It is to motivate veterans to go out there and do any kind of activity, any kind of sport," Roman says. "I use my story to inspire others. ... My condition is in my lungs—we call it an invisible scar, together with the PTSD. But there are hundreds if not thousands of soldiers out there who are using their stories to motivate others. And I do it every day."

Triathlon is what keeps him from falling back into his depression: "Triathlons are my medicine," he says. Now a part of the X3 Endurance Tri Club, he's signed up for his first full Ironman in Louisville in 2016, and he knows it won't be his last finish line. "Yes, I know I lost 40 percent of my performance in my lungs in Iraq, but I don't see anything in front of me that I cannot reach," he says. "It's not about me—it's for that person watching me ... who's [thinking] he won't be able to do it, but [believes] 'If I see him do it, then I can go and do it.'" ■



RUN LIKE A CHAMPION

USE THE BEST PRACTICES OF THE BEST RUNNERS



With ***Run Like a Champion***, you can adopt the Olympic approach of America's most versatile runner, Alan Culpepper. During his career, Culpepper lined up against the world's best runners at two Olympic Games and won national titles from 5K to marathon. Now he shares the best practices of the best runners, revealing a big-picture approach that you can use to improve your running.

Run Like a Champion will enhance everything about your running and make your goals not just possible but probable.

AVAILABLE in bookstores, running shops, and online.



SEE A PREVIEW AT VELOPRESS.COM/CHAMPION.

fuel

UNTAPPED MAPLE WAFFLE

Owned by former pro cyclist Ted King, UnTapped started through a successful crowdfunding effort. It now includes stroopwafel-like organic waffles made with pure maple syrup and maple sugar. The result is a buttery, honey graham cracker flavor that tastes great on long rides or as a snack with coffee. \$2.25, Untapped.cc

GU ENERGY GEL MAPLE BACON

Part of GU's lineup of naturally flavored energy gels, it has a (surprisingly) pleasant savory-sweet taste that could fight flavor fatigue late in a long workout. It's sweet at the beginning and smoky at the end with a thicker texture than other gels. In addition to carbs, electrolytes and amino acids, it also contains caffeine from green tea extract. \$1.45, Guenergy.com

DRINKMAPLE PURE MAPLE WATER

This drink is made with just organic maple water, the liquid that comes straight out of a maple tree. It's high in nutrients such as manganese and prebiotics and low in sugar, offering a mild flavor with a little punch of sweet that maple lovers will enjoy. \$2.99, Drinkmaple.com

SUPERSEEDZ MAPLE SUGAR AND SEA SALT

These gourmet shell-free pumpkin seeds are a tasty treat, especially in this salty-sweet flavor combo. Made with pure maple sugar, sea salt and real vanilla extract, the flavor and crunch of these seeds (achieved by dry roasting) won over taste testers. High in protein, iron and other nutrients, they make a filling low-sugar snack on their own or as a topping for oatmeal or yogurt. \$4.99, Superseedz.com

RUMBLE SUPERSHAKE COFFEE BEAN

We loved the coffee bean flavor of this bottled protein drink thanks to its smooth, drinkable texture—reminiscent of a bottled Frappuccino. We also appreciated the whole-food ingredient list, featuring fair-trade coffee, maple syrup, red beet juice, kale and flaxseed oil. High in protein and fiber, it makes a nutrient-rich meal replacement. \$4.49, Drinkrumble.com

BOBO'S OAT BARS MAPLE PECAN

Made with gluten-free rolled oats, pecans and natural maple extract, this chewy, moist bar makes excellent ride fuel or a filling snack. The baked bars have a pleasant texture from the pecans as well as a mild maple sweetness. \$2.99, Bobos oatbars.com



For every bottle of DrinkMaple sold, 200 gallons of clean water will be supplied to people in developing nations through former pro triathlete Chris Lieto's organization More Than Sport.

WHAT'S ON TAP

You can enjoy maple ingredients and flavors without the tree tap, gooey mess or frostbite. Here are our six product picks. **BY BETHANY LEACH MAVIS**

Four ways to use ... PERSIMMONS

This crispy, sweet winter fruit comes in two hybrids: jiro (aka fuyu) and hachiya. The smaller jiro, resembling a tomato shape, is meant to be eaten before it turns soft. The hachiya, the longer heart-shaped version, should be enjoyed once ripe and soft. Persimmons contain powerful amounts of beta-carotene, helping to promote eye health, and they are also rich in vitamin C and phytochemicals, which boost the immune system and aid in recovery. Eating persimmons can also help maintain bone and blood health because they contain high levels of calcium and iron. Explore this seasonal fruit with these four recipes. **BY JESSICA CERRA**

Persimmon, Walnut & Goat Cheese Salad

Unique enough to impress dinner party guests yet simple to make as a weeknight dish, this recipe yields a large, family-sized salad.

Add one 8-ounce bag **arugula** to a large salad bowl. Heat oven to 350 degrees. On a baking sheet toss 2/3 cup **walnut halves** with 1 tablespoon **olive oil**, 1 tablespoon **agave or honey**, ½ tablespoon **cumin**, ½ teaspoon **sea salt** and ¼ teaspoon fresh cracked **pepper**. Bake for about 8–10 minutes, tossing once, until lightly toasted. Set aside to cool. Peel, core and dice 2 **jiro persimmons**. In a small bowl, whisk together 2 tablespoons **olive oil**, 2 tablespoons **champagne or white balsamic vinegar**, 1 tablespoon **agave or honey** and ½ teaspoon **sea salt**. Toss the arugula with a conservative amount of the vinaigrette. Gently fold in the persimmons, walnuts and ½ cup **goat cheese** crumbles, and serve with the extra vinaigrette on the side.



SUE FAN & JOHN DAVID BECKER



On the package of **Baobest BaoBites** superfruit snacks (\$9.99 for 5.5 ounces, Baobabfoods.com), it warns that they're "deliciously addictive," and the *Triathlete* staff can attest to that. These small fruit cubes, available in pomegranate, peach mango and blood orange flavors, are made with real fruit concentrate and organic baobab fruit powder with a sweet (but not too sweet) flavor. We liked them straight out of the bag, but they're also great baked into muffins, sprinkled on oatmeal or added to trail mix. Baobab is a fruit packed with fiber, antioxidants, vitamin C and potassium, making these chews a convenient way to eat some phytonutrients in the winter months.

—BETHANY LEACH MAVIS



Citrus Persimmon Sauce

Brighten up tacos, grilled fish and chicken or roasted pork, or serve with oats, quinoa or yogurt for breakfast. Dollop on top of gelato, tarts or cakes to liven up dessert.

Remove the top leaf off 2 **hachiya persimmons** with a paring knife and scoop out the flesh with a spoon into a food processor or blender. Add 1 tablespoon **plain 2% Greek yogurt** and the juice and zest of 1 **lime** and half an **orange**, and blend for 30 seconds until smooth. Serve immediately, and store leftovers in a sealed container in the fridge for 2–3 days.

Persimmon Cookies

You won't believe how moist and delicious these cookies are. Full of spices nutmeg, cinnamon and cloves, they're the perfect homemade holiday sweet. Preheat oven to 350 degrees. Remove the top leaf off 2–3 **hachiya persimmons** with a paring knife, scoop out the flesh with a spoon and purée in a blender or food processor. In a large bowl whisk together 1 cup of the persimmon purée, ½ cup softened **coconut oil**, 2/3 cup **coconut or maple sugar**, 1 **egg** and 1 teaspoon **vanilla**. In another bowl whisk together 2 cups **whole-wheat pastry flour**, ½ teaspoon (each) **baking soda**, **baking powder**, **cinnamon**, **nutmeg** and **ground cloves** and ¼ teaspoon **salt**. Mix in 1 cup (each) **raisins** and chopped **walnuts or pecans**. Drop by the tablespoon onto parchment-lined or greased cookie sheets (9–12 per sheet). Bake one sheet at a time for 12–15 minutes. Remove and let cool on wire racks.



Dried Persimmon Rings

Dried persimmons make great ride and snack food. Add nuts for a creative trail mix or chop into oatmeal or yogurt to naturally sweeten up breakfast. Preheat oven to 250 degrees. Place two baking racks onto two cookie sheets. Remove the stems from 6 **jiro persimmons** and cut into ¼-inch slices. Place slices on the wire racks and bake for 1½ hours for softer slices or 2 hours for chewier slices (the sides will start to curl up). Store in the fridge in a sealed bag or container.



Jessica Cerra is the owner of Fit Food by Jess, a private chef and catering company in Encinitas, Calif., and the co-founder of Harmony Bar. A former professional XTERRA triathlete, Cerra now races for Twenty16 Women's Professional Cycling Team. Find 150 more of Cerra's recipes online at Triathlete.com/recipes.

aid station
WITH CHRIS NEWPORT, RDN



My first tri of the season is a few months away. What can I be doing now nutritionally to help my race?



A: The keys to quality training time are adequate recovery, proper hydration and a nutritious diet consisting of real food. It's also important to experiment and find your perfect blend of nutrients based on your goals, training cycle and stage of life. Regardless, eating well should be the rule, not the exception.

PRE-SEASON

Focus on packing your plate with quality carbohydrates like vegetables and fruits, particularly leafy greens, cruciferous vegetables (e.g., broccoli, cauliflower, kale) and berries. Carbohydrates are the main fuel source during high-intensity exercise and help to spare your precious muscle

tissue from being used as energy.

Eat at least 0.5–1 gram of protein per pound of lean bodyweight from beans, lentils, free-range eggs, grass-fed meats, organic dairy and low-mercury fish. Protein is broken down into amino acids, which are responsible for the growth and maintenance of cells, creating antibodies for immunity and supplying small amounts of energy.

Get your fats from avocados, nuts, seeds, fatty fish, olives, organic dairy and grass-fed butter. Fat is an excellent source of energy and is essential in absorbing vitamins A, E, D and K as well as keeping you full and maintaining your blood sugar.

To maintain optimal hydration, drink water consistently throughout the day and for workouts lasting less than 90 minutes. The color of your urine should be pale yellow, and caffeinated beverages and alcohol should be consumed in moderation.

IN SEASON

As you begin your training, the majority of your diet should consist of high-quality fats, with 15–30 percent of your energy coming from protein and the remaining amount from carbohydrates. This will allow your body to adapt to using fat effectively as a fuel source, reducing your reliance on high-carbohydrate engineered foods like gels and chews.

As your training volume and intensity increases closer to the season, you may notice your appetite also increasing, warranting a shift to slightly less fat and more carbohydrates. This is the best time to experiment with your meals and snacks leading up to your event as well as perfect your hydration plan.

PRE-RACE

In the days leading up to the race, continue eating well and hydrating to maintain pale yellow urine. For short course, it's unnecessary to "carbo load" or drink extra fluids or sports drinks in the days leading up to the event. In fact, keeping your diet as familiar as possible is important to conserving energy, staying "regular," managing weight and sleeping well.

RACE DAY

Since short-course triathlon tends to be high intensity, smaller, easily digestible, familiar meals and snacks are important, such as yogurt, oatmeal or fruit. The closer you eat to race time, the less you'll want to consume. If you can't eat before an event, or if you'll be racing for more than an hour, you may want to consider using a sports drink for hydration, energy and electrolyte balance. Choose a beverage that tastes good to you at full strength. Consume your favorite balanced breakfast 2–3 hours before the race start. Tune in to your body and don't force fluids or foods if you're not feeling hungry or thirsty. If it's hot, drink cold fluids to keep your body temperature from rising too quickly. Once you're on the bike and run, drink 4–8 ounces of your favorite sports drink every 10–15 minutes for events lasting longer than 1 hour. When you're finished, replace lost fluids and electrolytes with your favorite sports drink or chocolate milk and electrolyte-rich foods like bananas, pretzels, oranges or potato chips.

Whether you're new to triathlon or a seasoned veteran, experiment with what works best for you, eat well and stay hydrated for your best performance!

Chris Newport, RDN, LDN, EP-C is a mom, real-food advocate, entrepreneur and triathlon coach. She founded The Everyday Athlete Matters, an integrative training and performance center in Cary, N.C.

MINIMIZE RESISTANCE MAXIMIZE POTENTIAL

\$495/hr
Base price

A2WT.COM

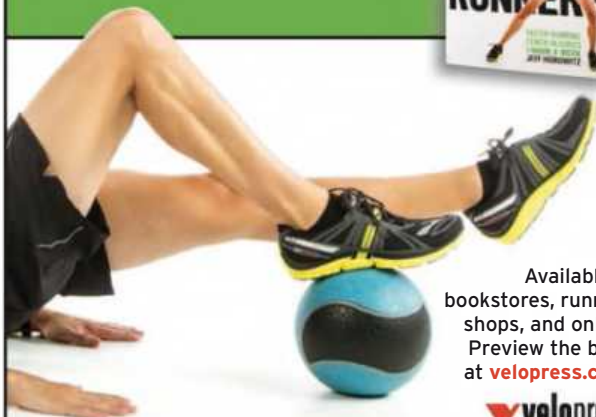


(704) 799-1001

A2 Wind Tunnel

BUILD A BETTER BODY

You can build a better runner's body in under an hour a week. The smart, fast-paced strength training program in *Quick Strength for Runners* will help you strengthen your core and key running muscles for faster running and fewer injuries—without setting foot in a gym.



Available in bookstores, running shops, and online. Preview the book at velopress.com.



ENDORSED BY **LESLEY PATTERSON**
2X XTERRA WORLD CHAMPION

Save \$75 On
Your Purchase!

Use Code "offseason"



RPM²
REMOTE PERFORMANCE
MEASUREMENT MONITORING
www.rpm2.com

RPM² is the first footbed cycling and running power meter in the world designed to measure bi-lateral equivalence of the legs used to help correct mechanics and form for athletes. Proper mechanics increases performance and potentially reduces injury.



PASTA E FAGIOLI

A healthy twist on the Italian classic “pasta and beans,” this is a perfect dish to fuel cool-weather training.

chef tip

This nutritious, protein-rich dish can be enjoyed by vegetarians as well—just substitute the ground turkey with extra beans or tofu.

INGREDIENTS

½ cup dry whole-wheat elbow macaroni
1 tsp extra virgin olive oil
4 oz lean ground turkey
¼ cup carrots, diced
½ cup red potato, diced
¼ cup yellow onion, diced
3 cups low-sodium chicken stock, 100% fat free
1 can cannellini beans, half drained and hand mashed with a fork
¼ tsp crushed red pepper
1 T Italian seasoning
Sea salt, to taste
Romano cheese, to taste

DIRECTIONS

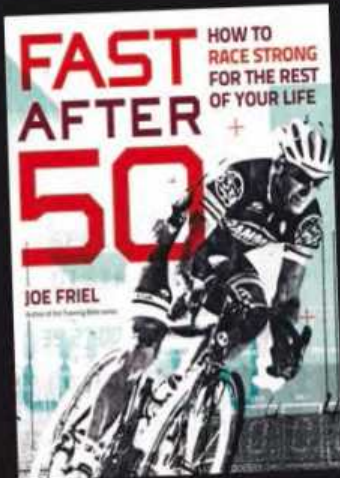
Cook whole-wheat pasta according to package instructions (approximately 10 minutes), drain and set aside. Add olive oil and turkey to warm pan over medium heat and slowly cook turkey until done. Lower heat to medium-low and add carrot, onion and potato. Cook for 2 minutes. Add chicken stock, cover pan and bring to a boil. Lower heat to a simmer until potatoes and carrots are soft, about 10 minutes. Add mashed beans to the pan and stir to combine. Add Italian seasoning, crushed red pepper and sea salt to taste. Bring to a boil for 2 minutes, then turn off heat and let sit for 5 minutes. Stir pasta into soup and serve topped with Romano cheese. Serves 2.



MEET THE TRIATHLETE-CHEF

With an Italian father and Puerto Rican mother, Leo Di Canio grew up in a home where food was very important. “We are very passionate when it comes to food and wine,” he says. The Tampa, Fla., native, who just relocated back to Las Vegas, became even more interested in food and becoming a chef when he and his family moved to Italy for three years, when Di Canio was 15 years old. He attended the School of Culinary Arts in Atlanta to hone his skills and he now runs his own private chef business, which has grown solely through word of mouth. Working for himself also gives him the time to train for triathlon, which he’s been racing for the last few years. In 2012, he watched the Ironman World Championship on TV and was so moved that he signed up for Ironman Florida with zero swim, bike or run experience. With one year to prepare, he hired six-time Ironman world champion Mark Allen as his coach. Allen helped Di Canio work his way up through the triathlon distances to become an Ironman in 2013, and he’s since coached him to several other triathlon finishes. “I could never have done it without Mark’s help,” he says. “He is a true mentor and I owe it all to him.” Di Canio will be racing the iron-distance HITS race in Palm Springs in December, and for now his triathlon goals are to stay healthy and keep having fun. “The most important thing is to have fun, to celebrate yourself and your accomplishments,” he says. “That’s what triathlon is really all about.” —BETHANY LEACH MAVIS

DON'T SETTLE FOR SLOW



Joe Friel's new book **FAST AFTER 50** is for cyclists, triathletes, runners, and swimmers who want to stay fast for years to come. Drawing from his decades of coaching experience and new research on aging and sports performance, Friel offers a groundbreaking approach to staying competitive. With **FAST AFTER 50**, you can train to ward off the effects of age, extend your racing career — and race to win.

velopress®

AVAILABLE IN BOOKSTORES, BIKE SHOPS, AND ONLINE
PREVIEW VELOPRESS BOOKS AT VELOPRESS.COM

TRIATHLON COACHES WANTED

Work at a Life Time Fitness and
build your coaching business.

Apply Today

www.lifetimeendurance.com

LIFETIME TRI
TEAM



Podium Wheel Rentals
CARBON RACE WHEELS

RENTALS • DEMOS • SALES

ALL 2015 WHEELS ON SALE!

ZIPP, ENVE, HED, REYNOLDS

GO FAST!! Delivered to Your Front Door

www.podiumwheelrentals.com / Healdsburg, California

KNUCKLE LIGHTS

2 LIGHTS 45 LUMENS 3 POWER PER SET PER LIGHT SETTINGS

www.KnuckleLights.com

Visiting Cozumel-Mexico?



Rent a Road or Tri Bike and ride the Ironman Path
New QR & Litespeed carbon
Sombbrero rentals.com

triMARKETPLACE

**REACH OVER
90,000 ACTIVE
CONSUMERS**

**ADVERTISE
HERE**

EMAIL:

Leads@competitorgroup.com

poolmate2 watch
for pools, endless pools and open water

because swimming isn't always laps

#knowyourdistance swim.vote.com

triathlete.com



POWER PROTEIN
HIGH IN OMEGA-3S

Natural, sustainable fish fillet portions, carefully selected for athletes who seek delicious, healthy training food

sizzlefish.com



DELIVERED TO YOUR DOOR

PODIUM

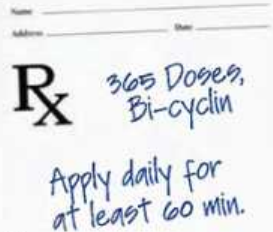
recent notable moments
IN THE WORLD OF MULTISPORT

FIRST



And the "Most Tenacious" award goes to ... **Lesley Paterson finishes second** at the XTERRA World Championship despite an ankle stress fracture, Lyme disease diagnosis and recent recovery from a broken shoulder and wrist.

"Fireman Rob" **Verhelst sets a new Guinness World Record** for the most Ironman 70.3 finishes (23) in one year. He wore full firefighter gear (jacket, helmet, pants and Air Pak) for the run portion of each to share the mission of his Fireman Rob Foundation, which donates teddy bears to children in hospitals throughout the world.



Good medicine: As an alternative to prescribing Ritalin to treat kids with ADHD, **Specialized sponsors bike programs that encourage riding bikes** during gym class. Early findings—improved attention, mood and behavior—have been "groundbreaking."

SECOND



Rev3 it up! The race series mutually agrees to split with Challenge Family, and all of its races are back under the Rev3 umbrella for 2016. As of press time, the pro prize purse plan is TBD.



ROKA went for the whole kit and caboodle with its **new line of cycling apparel**, which includes three jerseys, bibs, shorts and accessories for men and women. If there's one motivation to keep us training through the winter months, it's high-performance, eye-catching apparel you actually look forward to wearing.

Three times the pain/fun? Who else wants to try the **swim-bike-run x3 format** that athletes raced at the Island House Invitational?

THIRD



Leading the charge for women's triathlon at the collegiate level, **Arizona State University hires coach Cliff English** to lead its first NCAA team.

Challenging month: The **Challenge Family cancels its Bahrain race** due to road closure issues; Ironman takes over the Atlantic City race.



Swim-bike-run-drink! **Ironman buys Vineman and Vineman 70.3.**



PENALTY
TENT

Sticker shock: Escape from Alcatraz raised its entry fee by \$300 (to \$750) and had many triathletes—and even non-industry folks like *Fortune* magazine—in an uproar.

Kona DominationISM



ELIMINATES NUMBNESS
MAXIMUM COMFORT
PRO ATHLETE PROVEN



Thank you athletes! ISM #1 again, at the
2015 LAVA Magazine Kona count! Discover
more at your local dealer, or at ismseat.com.

Think about it.

ISMSEAT.COM



RÖKA

PERFORMANCE IS PERSONAL

Your potential. Your goal. Your choice. Success on race day starts when no one is watching – on training day. #FindFaster